

OTTAWA FUSION VOLLEYBALL CLUB



*Junior***FUSION**  
&  
**SYNERGY**

**Information and  
Registration Forms**

**JuniorFUSION / SYNERGY** is an exciting combination of developmental and house league structures. The program is focused on providing a supportive, non-competitive environment where learning volleyball skills is a whole lot of fun!

Youth who participate will learn the basics of volleyball - forearm and overhead passing, hitting, serving and basic team movement. Depending on age, game play is modified to ensure that every athlete is involved, ensuring maximum learning. The game environment is also modified to increase early success and increase the fun factor for all involved.

In addition to the technical elements of the game, youth are immersed in the other side of our team sport - clear communication, being supportive of teammates and good sportsmanship. The time spent encouraging these elements through drills and activities will foster youth who are not only passionate about the game but also recognize the value of being a respectful and supportive teammate.

**SYNERGY** is a program designed for boys and girls age 6 to 12<sup>1</sup>. There are two levels of the program:

- ⇒ Level 1 (ages 6 to 9) is for those who are just starting out in volleyball and want to learn the game in a fun and safe environment.
- ⇒ Level 2 (ages 10 to 12) is a program developed for the intermediate player. This program will help participants master volleyball skills in a drill setting as well as a mini-game format.

**JuniorFUSION** is for boys and girls age 12 to 14. Sessions will consist of one hour of skill development and one hour for a House League Game. This program is for those who have some volleyball experience, are looking to improve their skills and have fun in a recreational league.

**Come and learn the great sport of volleyball and  
have fun with friends!**

**NOTE:** Registration forms for both programs are included below. Please print and fill out the appropriate form and bring it with you to the first session along with fee payment.

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<sup>1</sup> Some 13 year olds may be accepted to this program depending on skill level



## **SYNERGY** Schedule 2009-2010

### **LEVEL 1**

#### **Boys and Girls age 6 to 9**

Location: St. Paul's CHS, 2675 Draper Ave

Time: Saturdays, 10:30 - 11:45 am

Cost: \$120 includes league t-shirt

#### *Session 1*

Starts: October 17, 2009

8 weeks: Oct 17, Oct 24, Oct 31, Nov 7, Nov 14, Nov 21, Nov 28, Dec 5

#### *Session 2*

Starts: January 9, 2010

8 weeks: Jan 9, Jan 16, Jan 30, Feb 6, Feb 20, Feb 27, Mar 6, Mar 13

#### *Session 3*

Starts: March 27, 2010

8 weeks: Mar 27, Apr 3, Apr 10, Apr 17, Apr 24, May 1, May 8, May 15

### **LEVEL 2**

#### **Boys and Girls age 10 - 12**

Location: St. Paul's CHS, 2675 Draper Ave

Time: Saturdays, 12:00 - 1:30 pm

Cost: \$120 includes league t-shirt

#### *Session 1*

Starts: October 17, 2009

8 weeks: Oct 17, Oct 24, Oct 31, Nov 7, Nov 14, Nov 21, Nov 28, Dec 5

#### *Session 2*

Starts: January 9, 2010

8 weeks: Jan 9, Jan 16, Jan 30, Feb 6, Feb 20, Feb 27, Mar 6, Mar 13

#### *Session 3*

Starts: March 27, 2010

8 weeks: Mar 27, Apr 3, Apr 10, Apr 17, Apr 24, May 1, May 8, May 15



## Junior**FUSION** Schedule 2009-2010

### **Boys and Girls age 12 to 14**

Location: University of Ottawa, MontPetit Hall

Time: Sunday, 4 to 6pm, except Oct 4 5 to 7pm

Cost: \$175 includes a league t-shirt

#### *Session 1*

Starts: October 4, 2009 (5-7pm)

8 weeks: Oct 4 (5-7pm), Oct 11(4-6pm), Oct 18(4-6pm), Nov 1(4-6pm), Nov 8(4-6pm), Nov 15(4-6pm), Nov 22(4-6pm), Nov 29(4-6pm), Dec 6(4-6pm)

#### *Session 2*

Starts: January 10, 2010

8 weeks: Jan 10, Jan 17, Jan 24, Feb 21, Feb 28, Mar 7, Mar 14, Mar 21