



Programs for boys and girls from  
Kindergarden through 12th grade



THE GOAL OF  
THE ARROYO  
VOLLEYBALL CLUB  
IS TO EFFECTIVELY  
IMPACT YOUNG  
ATHLETES THROUGH  
ON-THE-COURT  
LEARNING AND  
POSITIVE TEAM  
EXPERIENCES

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## CLUB VOLLEYBALL

For girls in 12- 13- 14- 17- 18- and under divisions

Our program instructs young athletes through positive reinforcement in an effort to build the confidence and self-esteem so vital to young people today. Along with improved physical endurance and conditioning, our athletes benefit from the enhanced social environment that comes with being a part of a team. They also learn the values of teamwork, responsibility, self-discipline and self-motivation.

All of our coaches are experienced players who are also certified through the USA Volleyball Coaching Accreditation Program (USAV-CAP). At the Arroyo Volleyball Club, we strive to maintain a 1:6 player/coach ratio on every team at every level.



## BEACH CAMP

For boys and girls age 8 to 16

Beach Camp gives players an opportunity to improve their volleyball skills in a safe, fun, and challenging environment. Students are able to improve their physical conditioning, learn the differences in the beach game, and be prepared for beach volleyball tournaments.

Students learn the basic skills including serving, passing, setting, offense, and defense. In addition to improving their fundamental skills,

intermediate and advanced players will receive specialized training in beach volleyball.

Beach Camp is held Monday - Friday daytime in 1-week sessions.



## CLINIC and SUMMER CLINIC

For boys and girls age 8 to 16

For many young athletes the Summer Clinic is their first time being in a structured environment. It is an opportunity to enhance their skills and develop a knowledge base which will prepare them well for future endeavors in volleyball. The Clinic will provide students with the skills, knowledge, and confidence necessary to be successful.

Clinic is held Wednesday evenings throughout the school year in 4-week sessions.

Summer Clinic is held Monday - Thursday evenings in 2-week sessions.



## VOLLEY TOTS

For boys and girls in kindergarten - 3rd grade

Get those little ones up and moving! This program emphasizes motor learning and development through various volleyball skills.

The program includes: FUNDamentals; court-related movement; hand-eye development with ball; body movement and ball work; footwork and agility; and an introduction to the sport of volleyball.

Volley Tots is held Monday - Thursday evenings during the Summer in 2-week sessions.



## MINI VOLLEYBALL

For boys and girls in the 4th and 5th grade

This is a great program for kids who want to learn volleyball with fun and enjoyment being the focal point. We incorporate team play with motor learning and skill development and also involve tournament play.

The program includes: lower net and smaller court; four players per side when playing; lighter ball; skill development; group performance; over net and multiple contact emphasis; and a focus on passing, serving and attacking.

Mini Volleyball is held Monday - Thursday evenings during the Summer in 2-week sessions.