



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SERVE SET SPIKE



## YOUTH VOLLEYBALL NEW BRITAIN YMCA

YMCA youth volleyball develops fundamental skills including volleyball serves, setting, bumps, passing, rotations, and rules of the game. Youth volleyball also teaches teamwork, good sportsmanship and promotes physical activity in a team environment. This program is for grades 3-5 & 6 - 8.

**Dates:** January 20th– February 24th  
**Day/Time:** Mondays 5pm–6pm  
**Fees:** Full Member \$39 Program Member \$69  
**Location:** New Britain YMCA gym

Coach Ron Sparks has played, officiated and coached at all levels. As Head Volleyball coach at Queensbury High School in NY, he lead the team to 4 years of student scholar athletic awards and five trips to the State Championships. He has coached at Quinnipiac University and the University of Albany. He is currently club director and a coach with the New England Shock Volleyball Club.

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