



# South Shore Stingers

ATOMIC Smashball Volleyball

A Developmental Program for athletes aged 8-12

## Welcome to the Stingers Atomic program!

### About the Program

Atomic Volleyball, a program sanctioned by Volleyball Canada, is designed to introduce 8 -12 year olds to the sport of volleyball in a fun, weekly program. The South Shore Stingers Volleyball Club has had success with the Atomic program, offering sessions each year to provide our youth with the opportunity to learn the fundamentals of volleyball.

This year we are introducing Atomic Smashball – a new twist to the Atomic volleyball program which allows for immediate game play. It is a game play variation that emphasizes attacking (hitting/spiking). The receiving team may catch the ball directly or off of one bounce and still continue the rally. As the players' skills improve they progress to use of volleyball skills for all passes during game play. Adaptations to the standard game include; lowered net height, smaller court and lighter ball.

### About our Club

Our Atomic Smashball Volleyball coaches are two of our long time Stingers Club players who also participated in the Atomic program many years ago. They have been instructed by Sask Volleyball Youth Developmental Program Coordinator to run this program and are coached by Larry Hall on the U16 South Shore Stingers Club team. The Atomic program helps develop athletes so we can continue to have competitive teams in the future. Many of our previous Atomic participants have moved on to the Club's competitive program. We will contact players of age if there is enough interest to form a U13 South Shore Stingers Club team next year.

### Schedule

**Register by September 29, 2019** by emailing Marcy Sanderson [kandmsanderson@sasktel.net](mailto:kandmsanderson@sasktel.net) or Leah Switzer [leahswitz27@gmail.com](mailto:leahswitz27@gmail.com)

2019 Atomic Smashball Volleyball will be held from 1-2pm on the following dates;

- October 6
- October 20
- October 27
- November 3
- November 17
- November 24
- December 8
- December 15

### Cost

The program fee is \$50, please make cheques payable to South Shore Stingers Volleyball Club or send an e-transfer to [leahswitz27@gmail.com](mailto:leahswitz27@gmail.com)

Each participant must have a 2019/2020 Rec Membership; memberships are \$10/individual \$25/family and can be purchased online at <https://www.amilia.com/store/en/town-of-regina-beach/shop/memberships?>.

All fees must be paid in full prior to the beginning of the first lesson.



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## Registration Form

### Athlete Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Town: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_  
SK Health #: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Medical Conditions/Additional Information South Shore Stingers volleyball should be aware of:

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### Parent Information

Parent A: \_\_\_\_\_ Email: \_\_\_\_\_  
Cell: \_\_\_\_\_ Other: \_\_\_\_\_  
Parent B: \_\_\_\_\_ Email: \_\_\_\_\_  
Cell: \_\_\_\_\_ Other: \_\_\_\_\_

Alternate Emergency Contact Information:

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### Legal Release

I, \_\_\_\_\_, as the parent/guardian of \_\_\_\_\_, hereby consent to have him/her participate in the South Shore Stingers Atomic volleyball developmental program during the current session, and do hereby release South Shore Stingers coaches & volunteers from all liability in respect to any injury sustained while participating.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Registration Fee

The program fee is \$50, please make cheques payable to South Shore Stingers Volleyball Club or send an e-transfer to [leahswitz27@gmail.com](mailto:leahswitz27@gmail.com). Each participant must have a 2019/2020 Rec Membership; memberships are \$10/individual \$25/family and can be purchased online at <https://www.amilia.com/store/en/town-of-regina-beach/shop/memberships?>

All fees must be paid in full prior to the beginning of the first lesson. Absolutely no refunds will be given after the session starts.