



VOLLEYBALL CLASSES - SPRING

VOLLEYKIDZ (K, 1st and 2nd grade)

Volleykidz is an introductory class for children K-2nd grade. The lesson plan introduces the pass, set and spike using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and gross motor games. Modified balls and nets will help reach the next level. .

YOUTH VOLLEYBALL SKILLS & DRILLS (3rd through 5th grade)

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize short games at the end of each class. Modified balls and nets will help reach the next level.

JUNIOR VOLLEYBALL SKILLS & DRILLS (6th - 8th grade)

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and group drills that help each student reach a new level. Instructors organize games at the end of each class.

SPIKING 101 (10yrs & UP)

Improve your volleyball attack with 60 minutes of drills. Spiking 101 is for intermediate players who wish to learn proper arm swing, footwork and jumping technique. Class drills keep player focused on reach and power while plyo-metrics training enhances vertical jump and game performance. The 3-step approach will be taught along with transition attacking.

Num	CLASS	AGE	TIME	DAY	FEE
SV1	Volleykidz	5-7	5:45-6:15 pm	Friday	\$36
SV2	Youth Skills n Drills	8-10	6:15-7:15 pm	Friday	\$66
SV3	Junior Skills n Drills	11-14	7:15-8:15 pm	Friday	\$66
SV4	Spiking 101	11-16	8:15-9:15 pm	Friday	\$66

NEW! SUMMER SESSION @ Long Beach Community Center

Sports Endeavors Camps	Monday-Friday 1pm-4pm
Enrollment Fee to participate	(7) week sessions to choose from:
1 Week \$175 Per Student	June 14-18 & June 21-25
2 Weeks \$300 per student	July 12-16, July 19-23 & July 26-30
3 weeks \$400 per student	August 2-6 & August 9-13
4 weeks \$500 per student	
*12-1pm & 4-5pm \$10 extra per day	

YOUTH SPORTS CLASSES

SPRING SESSION MARCH 25 – APRIL 30 (6 WEEKS)

@ Long Beach Community Center Gym

Classes run on Thursdays & Fridays - March 25 thru May 6th

PRIMARY AIM: To teach basic sports to youth and juniors using the Sports Endeavors lesson plans while enhancing student's skills, which make each game enjoyable, and challenges them to experience the next level. All resulting in students saying "I love sports and I want to learn more".

Spring Session - March 25th - May 6th

Enrollment Fee to participate

\$36 for (1) 30 min class (6 week session)

\$66 for (2) 30 min class (6 week session)

\$99 for (3) 30 min class (6 week session)

\$10 drop-in fee. Must be in current session.

Ross Balling is Certified Youth Sports Administrator (NAYS) and has been coaching Youth Sports for 18 years. Ross is excited to bring his energy and coaching experience to Michigan City. Sports Endeavors Academy includes "skills n drills" for volleyball, basketball and soccer. Each class also includes educational segments in math, science and history. His lesson plan helps the students develop a passion for sports while they achieve new goals for the next level of competition. He and his wife Diane live in Michigan City with their three children Lukas, Livi and Lani .

Name: _____ Age: _____ Grade _____

Address: _____ City: _____ Zip: _____

Email : _____

Phone: _____ Cell: _____

Program Number: _____ Amount: _____

Payment: CC# _____ exp _____

Contact phone number and or e-mail address

Three ways to register your child for an upcoming youth sports classes:

- Michigan City Parks Department – Jeremy Kienitz – 219-873-1524
- Notre Dame School – Karen Breen – 219-872-6216
- Fax in registration to 1-800-218-5518

Registration Deadline is Wednesday March 24th



BASKETBALL CLASSES - SPRING

Intro to Basketball

This camp is for kids who want to play basketball, but don't know how! They'll learn the fundamentals and play games in a fun, relaxed, non-competitive atmosphere.

Basketballing 101

Pass and cut, screen and roll!

This program will introduce your children to the game of basketball if they are beginners or if they need the know how to get to the next level. Basic skills of dribbling, passing, shooting, and defense will be taught. New individual challenges will be presented to develop the importance of reaching goals. Modified basketballs and a lower net will help reach the next level. Lesson plan also incorporates short educational drills.

Basketballing 102

Pass and cut, screen and roll & move without the ball!

This program will advance your children into "game situation" drills and continue to build basketball fundamentals on an individual basis. Advanced skills n drills of dribbling, passing, shooting, and defense will be taught. Pairing games will be played to show the importance of teamwork! Lesson plan also incorporates short educational drills.

J'Dreams: The art of shooting a Basketball

Triple Threat and Square Up!

This class will focus on building shooting skills and confidence in each and every player who attends. The goal of this class is to develop the player in every facet of shooting the basketball in addition to training concepts to improve the strength, agility, and quickness of each player. Topics covered are form shooting, range finding, balance and footwork, shot selection, jumping, and first step explosion training.

The Inside Game of Basketball

Posting up and baseline offense!

This class will focus on building low post moves and body position for leverage. Some shooting skills are needed to advance to this class. The goal of this clinic is to develop the students love for posting up and facing the basket within the paint. Jump training will be introduced in a fun lesson plan.

Nothin' But Games

This camp is pure games! You'll play lightning, dribble tag, 3 on 3, Pac Man and plain old basketball. New games, old games... nothin' but games!

Num	CLASS	AGE	TIME	DAY	FEE
SB1	Intro	3-5	4-4:30pm	Thur	\$36
SB101	Basketball 101	5-7	4:30-5:15pm	Thur	\$50
SBJ	J Dreams	5-7	5:15-6pm	Thur	\$50
SB102	Basketball 102	8-10	6-6:30pm	Thur	\$66
SBJ	J Dreams	8-10	6:30-7:15pm	Thur	\$50
SBIN	Inside Game	11-12	7:15-8pm	Thur	\$50
SBG	Games	12-14	8-9pm	Thur	\$66

MULTI-SPORTS - SPRING

Rolly Polly

This class introduces your child to other children in a fun and active lesson plan based on movement through the use of all sizes of balls. Games will challenge your child's timing and coordination. Your toddler will love rolling the large balls around the gym.

Sports Endeavors 101

Footwork, arm swing and catching!

Children are introduced to a variety of skills n drills for soccer, volleyball and football. Individual drills will keep your child active the entire class. The program's emphasis is on hand-eye coordination and socialization. Lesson plan also incorporates short educational drills.

Sports Endeavors 102

Footwork, arm swing and catching!

Children are challenged with advanced skills n drills for soccer, volleyball and football. Individual drills will keep your child active the entire class. The program's emphasis is on hand-eye coordination and conditioning. Lesson plan also incorporates short educational drills.

Soccer Just 4 ME

This program is designed to teach children the basics of soccer in an exciting way.

Dribbling, passing, and striking will be covered through fun games that keep all moving. Emphasis is placed on participation and instruction. This class is great for coordination and self-esteem. Modified soccer balls and goals will help reach the next level. The main goal is to have fun! Lesson plan also incorporates short educational drills.

Floor Hockey 101

Learn and play the fastest game in the world. This action packed class will emphasize the importance of teamwork and sportsmanship, while teaching the basic skills of passing, shooting and stick handling. Equipment: Mandatory- Helmet and Gloves. Optional-shin pads, knee pads, and elbow pads.

Num	CLASS	AGE	TIME	DAY	FEE
SSRP	Rolly Polly	2 ½ -4	1:30-2pm	Thur	\$36
SS1	Sports Endeavors 101	3-4	2-2:30pm	Thur	\$36
SS2	Soccer Just 4 Me	3-5	2:30-3 pm	Thur	\$36
SFH1	Floor Hockey 101	5-7	3-3:30pm	Thur	\$36
SS4	Soccer Just 4 Me	6-8	3:30-4 pm	Thur	\$36
SSF1	Sports Endeavors 101	3-4	2-2:30pm	Friday	\$36
SSF2	Soccer Just 4 Me	3-5	2:30-3 pm	Friday	\$36
SSF3	Sports Endeavors 102	5-7	3-3:30pm	Friday	\$36
SSF4	Soccer Just 4 Me	6-8	3:30-4 pm	Friday	\$36
SFH2	Floor Hockey 101	8-10	4-4:45pm	Friday	\$50