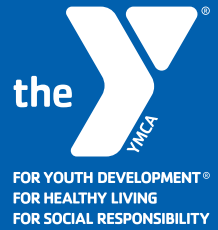


ALTRU FAMILY YMCA

# VOLLEYBALL ACADEMY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FUNDAMENTALS OF VOLLEYBALL

**Mondays**

**October 3, 10, 17, 24**

Girls Grade 5-6      5:15-6:15

\$30

**Mondays**

**November 14, 21, 28**

Girls Grade 3-4      5:15-6:15

\$30



This class focuses on the fundamentals of serving, passing, setting, and hitting. Participants will learn overhand serving, the basics of forearm passing, quick footwork, and setting and efficient footwork patterns to get to the ball. Finally, participants will get an introduction to appropriate footwork when hitting and how to swing correctly to prevent injuries. Each session will include individual development and volleyball gameplay..

### COACH KATIE ARTHUR

We are pleased to announce Katie Arthur as our new YMCA Volleyball Academy Head Coach. Katie was born and raised here in Grand Forks. After her undefeated senior volleyball season at Red River High School, she went on to play at the University of Minnesota Crookston. After college, Katie coached at Grand Forks Central High School first as an assistant and then head varsity volleyball coach from 2015 to 2019. Katie has conducted camps and leagues for all age levels and remains passionate about the sport.

Contact: Adam Sorum / [asorum@gfymca.org](mailto:asorum@gfymca.org)

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