



ALTRU FAMILY YMCA **VOLLEYBALL ACADEMY**

FUNDAMENTAL SKILLS



This class focuses on the fundamentals of serving, passing, setting, and hitting. Participants will learn overhand serving, the basics of forearm passing, and quick footwork, along with 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 game play.

Kari is an Iron Range native, from Hibbing, MN. She moved to Grand Forks in 2001 to play college Volleyball at the University of North Dakota. Kari has coached various teams and age groups including but not limited to coaching STARS Junior Olympic Volleyball, Middle School VB, Head Varsity VB coach at Grand Forks Central High School and currently an Assistant Varsity Volunteer VB coach for East Grand Forks. Kari has worked for the Grand Forks Public School District since 2006. She is a High School Special Education teacher at Grand Forks Central and currently resides in East Grand Forks.

October 8th, 15th, 22nd

GRADES & TIMES

Grades 3-5 5:00 PM to 6:00 PM

Grades 6-8 6:00 PM to 7:00 PM

COACH KARI HEARN

Cost: \$40

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