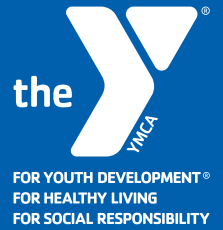


ALTRU FAMILY YMCA

# VOLLEYBALL ACADEMY



## Parent & Me

**Wednesdays • July 6, 13, 20**

Ages K - Grade 2

6:00-7:00 pm - YMCA Mini Gym

\$30

Parents, grandparents, aunts, uncles, or guardians, please join your kindergartener, first or second grader in learning about the game of volleyball. There will be lots of partner activities to do with your volleyball player as well as fun games. Come join the fun! Space is limited, so sign up to secure your spot.

## High School Tryouts Prep

**Mon & Tues • July 25 & 26**

Grade 9

5:30-6:30 pm - YMCA Mini Gym

\$25

Attention High School Freshmen who plan to try out for volleyball in August. Come and learn some tips and tricks to prepare for high school tryouts. Coach Arthur knows what high school coaches are looking for and will give you information to ensure you have your best tryout.



### 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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