



ALTRU FAMILY YMCA

VOLLEYBALL ACADEMY



FOUNDATIONS OF VOLLEYBALL

TWO-DAY ADULT ACADEMY

January 23 & January 30

6:30-7:30 pm

\$20

This session is geared for any adult who plays volleyball in any adult league. The goal is give some tips on the foundations of volleyball and to help correct bad technique. Day one will focus on serving and passing and day two will focus on setting and hitting. The one hour session each day will have some practice drills followed by game play.



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.

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