



Long Hill Township Recreation Department Presents Co-ed Beach Volleyball Skills and Drills Clinic

Location: Beach Volleyball Court at Stirling Lake Park

Dates and Times:

Tuesdays - beginning Sept. 8th until Sept. 29th

Co-ed, entering **5-6th** grades: 5:00 - 6:00pm

Thursdays - beginning Sept. 10th until Oct. 1st

Co-ed, entering **7-8th** grades: 5:00 - 6:00pm

*Rain dates will be the following day of each session.

(Ex.: Tues., Sept. 8th will have its rain date Wed., Sept. 9th)

This Beach Volleyball Clinic is offered to all Long Hill Township Residents entering **5th-8th** grade. There will be four one-hour sessions, teaching the foundations of beach volleyball. Every week will focus on a new skill that is essential in the sport. This is a **co-ed** program with *limited* spots, so registration is first come, first served using Community Pass.

Instructors: Jessica Zigarelli and Vanessa Fowler

Week 1: Passing

Week 2: Setting

Week 3: Spiking

Week 4: Serving/Serve Receive

*COVID-19 Procedures:

- Please arrive 15 minutes prior to your session.
- All participants will have their temperatures taken before each clinic. Anyone with a temperature of 100.4F+ will not be permitted to participate. To return, the participant must have a Doctor's Note clearing them to participate with no restrictions.
- All participants/parents will have to wear a mask/cloth face covering at pick-up and drop-off.
- Participants are asked to use the bathroom facilities at home before coming to the lake as much as possible. The bathrooms at Stirling Lake will be open to use if needed, but masks must be worn.
- The volleyballs will be wiped down with disinfectant frequently. Hand sanitizer will be available for anyone who needs it. The bathrooms are open to wash hands.
- All participants must bring filled water bottles with their name on them. The water fountain at the Stirling Lake is *not* operational per the COVID-19 guidelines.

REGISTRATION IS ON COMMUNITY PASS, SELECT Fall 2020, Cost: \$50 per participant

REGISTRATION DEADLINE: Sept. 4th Min. # of participants per session is 12. Max. # of participants per session is 16.