Metro North (Buzz Sands)
2133 W. Peoria Ave, Phoenix AZ 85029
602-675-2999 | Info@BGCAZ.org

Group Agreements & Warm-Ups
Members will make group agreements and practice warm-up drills.
Supporting Program: Healthy Habits-Meal Planning

Passing Drills
Members will warm up and learn the basics of passing a volleyball.
Supporting Program: Healthy Habits-Food Science

Setting Drills
Members will warm up and learn the basics of setting a volleyball.
Supporting Program: Healthy Habits-Food Around the World

Spiking Drills
Members will warm up and learn the basics of spiking a volleyball.
Supporting Program: Healthy Habits-Food for Fuel

Skills Demo & Mini Tournaments
Members will demonstrate the skills they’ve learned and have a tournament.
Supporting Program: Healthy Habits-What Our Bodies Need

Celebration
Members will celebrate completing the volleyball clinic!
Supporting Program: Healthy Habits-Training Like a Team

Fall Break Dates:
Monday, Oct. 9th - Monday, Oct. 16th