



Group Agreements & Warm-Ups

Members will make group agreements and practice warm-up drills.

Supporting Program:
Healthy Habits-Meal Planning

Oct. 9th

Passing Drills

Members will warm up and learn the basics of passing a volleyball.

Supporting Program:
Healthy Habits-Food Science

Oct. 10th

Setting Drills

Members will warm up and learn the basics of setting a volleyball.

Supporting Program:
Healthy Habits-Food Around the World

Oct. 11th

Spiking Drills

Members will warm up and learn the basics of spiking a volleyball.

Supporting Program:
Healthy Habits-Food for Fuel

Oct. 12th

Skills Demo & Mini Tournaments

Members will demonstrate the skills they've learned and have a tournament.

Supporting Program:
Healthy Habits-What Our Bodies Need

Oct. 13th

Celebration

Members will celebrate completing the volleyball clinic!

Supporting Program:
Healthy Habits-Training Like a Team

Oct. 16th

Fall Break Dates:

Monday, Oct. 9th-
Monday, Oct. 16th



BOYS & GIRLS CLUBS
OF THE VALLEY

Metro North (Buzz Sands)

2133 W. Peoria Ave, Phoenix AZ 85029

602-675-2999 | Info@BGCAZ.org

BGCAZ.ORG

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BGCAZ strives to provide facilities and programs that are accessible to individuals with disabilities and are committed to providing access, equal opportunity, and reasonable accommodation for individuals with disabilities in employment, our services, programs, and activities. We encourage parents to communicate with BGCAZ if their child has a disability so that we can work together to make reasonable accommodations that will allow your child access to the Club and its programs. To request reasonable accommodations, please contact your Branch Director.

This institution is an equal opportunity provider. Esta institución es un proveedor que ofrece igualdad de oportunidades.

