



# Volleyball Open Gym

**Who:** Girls from Hiawatha entering K-6<sup>th</sup> grades in the 2019-2020 school year

**Where:** Hiawatha Middle School Gym

**When:** Wednesday mornings May 29<sup>th</sup>-June 26<sup>th</sup>

**Times:** K & 1<sup>st</sup>            8:30-9:00am  
          2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup>    9:00-9:45am  
          5<sup>th</sup> & 6<sup>th</sup>         10:00-10:45am

**Fee:** Free

**Equipment needed:** knee pads (5<sup>th</sup> on up) and gym shoes (shoes not worn outside)

Kindergarten and 1<sup>st</sup> and grades will learn very basic volleyball skills such as passing and serving. 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grades will learn basic volleyball skills such as passing, setting, and serving. 5<sup>th</sup> and 6<sup>th</sup> grades will also work on basic volleyball skills but will also begin learning a 6-2 offense and defensive skills. With help from the HMS volleyball coaches, the girls will be able to learn the game from experienced coaches and will learn the expectations of these coaches so they can better future volleyball teams.

There is no obligation to attend every session, but the coaches would like to have an idea of how many are interested. Please fill out the information below so the coaches have contact information for each participant and return by May 15th to Robyn Saunders at the Hiawatha High School, 600 Red Hawk Dr., Hiawatha.

If you have any questions, please contact Robyn Saunders at [rsaunders@usd415.org](mailto:rsaunders@usd415.org) or 741-2523.



**Student Name** \_\_\_\_\_

**Parent Name** \_\_\_\_\_

**Grade entering for 2019-2020 school year** \_\_\_\_\_

**E-mail address** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Are you interested in helping?**       Yes       No