

## CIS/CCAA Elementary School Visits

### Purpose of the Visit

1. Teach and inspire young people to play volleyball.
2. Teach elementary school teachers and kids **Age Appropriate Games**.
3. Establish one “Champion” in each school willing to develop the volleyball programs. Be a resource to this person.
4. Expose young people to University level volleyball by inviting them to home games.

### What to do...

There are a number of different designs you can take when presenting in elementary schools, all of which vary depending on the time frame and space available to you (and sometime resources of the elementary school). When possible you should request the gymnasium as your presentation location, however we have provided ideas for classroom presentations as well if this is all that is available to you.

#### 1. Volleyball Demonstration

This demonstration can be coupled with a clinic for the students and would take between 45 minutes to an hour. This can be done at lunch hour or during a PE class, typically 30-40 students would be the maximum for a clinic. The demonstration can be as many kids as can comfortably fit as spectators in the gym.

Some suggested activities for the Demo:

- a) Demonstrate Circulation Volleyball and Atomic Volleyball – hand out manuals.
- b) Warm-up hitting (hit balls hard off floor to the ceiling).
- c) Inter-squad game – Cross-court control or Rotation 4 on 4 (one side of the gym cheers for Team A while the other cheers for Team B.
- d) “Mass-D” – Athletes lead session... teaching defence (see video).
- e) Hand out free passes to home games and hand out team gear/prizes (Check out <http://vcdm.org/teachers> for information on age appropriate game suggestions.)

#### 2. Classroom Visits

Bring 2-3 groups and cover the entire school in one hour.

Primary: 15 minutes/classroom, 4 classrooms

- Student-athletes enter classroom and introduce themselves, where they are from and what they are studying in at school. Gives message about





importance of sports and emphasizing fair-play and sportsmanship. They will also emphasize the importance of school. Then they will entertain the children's questions.

- Student athletes will leave a schedule and coupon for free admission to a game and have team gear for giveaways.

Intermediate: 20 minutes/classroom, 3 classrooms

- Student-athletes enter classroom and introduce themselves, where they are from and what they are studying in at school. They will emphasize how important school and grades are and how to become student-athletes. Student-athletes will talk about the importance of sport and the time commitment involved in Varsity Athletics. They will talk about how they started playing sports and the benefits of playing sports. They will emphasize the importance of school when involved with sports. They will entertain questions.
- Student athletes will leave a schedule and coupon for free admission to a game and have team gear for giveaways.

### **What to Bring with you**

1. Key equipment you will need to use. (Do not depend on schools to have "voly-light" volleyballs, score cards, etc.)
2. University/College athletes who are willing to teach and talk about their experience.
3. University/College branded gear for give-aways and prizes.
4. Complementary tickets and pamphlets schedules to upcoming University/College volleyball Games.
5. Information package to leave with Volleyball "Champion" or AD or teacher at the school.
6. Flyers/advertisements to "Elementary School" night at a University/College game.
7. Information on your Elementary Jamboree Tournament (at the end of September) and on future Atomic programs you will be running (in March) for this age group.
8. A thank you gift (university t-shirt etc) to provide the principle with.

