



排球班



Volleyball Class

圣地亚哥华夏中文学校排球班的课程针对不同年龄、性别和体质状态的孩子们制订了一套运动量可大可小，快速轻松地学会打排球的训练计划，使想学想玩排球的孩子们在短期内循序渐进地学会排球运动的基本步法、垫球、传球、发球和扣球等技能。同时，本课程对排球运动的基本阵容配备和竞赛规则等等也会做通俗易懂的讲解。

排球基本技能和身体素质的训练不仅能够使孩子们在速度、耐力上有所提高，而且对身体的协调性会有相当程度的改善，从而有利于少年儿童身体发育和身心健康。本班随圣地亚哥华夏中文学校校历时间招生。欢迎学生和家長随时与我们联系！

招生年龄：6-14 岁

授课时间：每周日上午 11:30 - 12:30

学生费用：\$275/一年

训练地点：华夏中文学校

联系方式：hyao@sdhxc.org



注册：<http://www.sdhxc.org/index.php/en/registration?showall=&start=3>

Program Objective: This is a course to expose beginner/intermediate athletes to the world of volleyball in a fun and exciting, yet productive environment. The structure of each class will be a brief warm-up, a skill lesson, fun games to practice the new skill, and a cool-down. Throughout the year, we will train students in basic volleyball skills (footwork drills, skills of passing, setting, spiking, and serving), actively cultivate athleticism, nurture teambuilding, and teach competition strategies.

About the Coach: Emmie has trained nine years in competitive volleyball and the SCVA (Southern California Volleyball Association). She has had countless hours of experience and has amassed numerous skills, such as offensive and defensive strategies, physical strength training, and team communication. She hopes to inspire and encourage kids to find the passion for volleyball that she has found.

Registration: <http://www.sdhxc.org/index.php/en/registration?showall=&start=3>

Contact us: hyao@sdhxc.org



SDHXCS Enrichment Classes (才艺课)

Subject (科目): Please select one of the categories	__ Art __ Music <u> X </u> Sports __ Math __ Chess			
Course Name (课程名称):	Beginning and Intermediate Volleyball Course			
Teacher Name (教师姓名)	Hang Yao	Phone	858-366-8310	
	Emmie Yao	email	sdhxcsvb@yahoo.com	
Teacher's background and brief (教师及其简介):	Emmie has been trained nine years in competitive volleyball and the SCVA (Southern California Volleyball Association). She has had countless hours of experience and has amassed numerous skills, such as offensive and defensive strategies, physical strength training, and team communication.			
Course brief and Description (课程简述):	The structure of each class will be a brief warm-up, followed by a skill lesson, mini games to practice the new skill, and end with a cool-down. Throughout the year, we will train students in basic volleyball skills (passing, setting, spiking and serving), actively cultivate athleticism, nurture team-building, and teach competition strategies.			
Course Objectives (课程目标):	1) Teach basic volleyball skills (passing, setting, spiking and serving). 2) Foster team collaboration and effort. 3) Teach competitive strategies and tactics used in tournaments.			
Pre-requisite/Student Ages (先决要求/学生年龄要求):	Ages: 6-14			
Student Evaluation / Presentation (评分方法 (演出、比赛、展示等)):	At the end of the year, there will be a class tournament to showcase the year's hard work.			
Maximum Number of Students to be Enrolled (最多招生人数限制):	20 (Sundays at 11:30 am - 12:30 pm)			
Course Fee (报名费 / 学费):	Registration & material fee	\$150	Special course fee	Do not fill