

REGISTRATION FORM

Name: Class/Sec: DOB:

Blood Group: Gender: M/F Cheque No: No. of days:

Session: Morning/Evening/Both Parent Name

Contact No: , Address

Sign.....

Date of registration:..... Coach Sign Principal Sign

Note:- Demand Draft may please be favoured on the name "Sri Shanthinikethana Vidya Mandira"

COACHING STAFF

Volleyball Coach: Krishna, Charan R

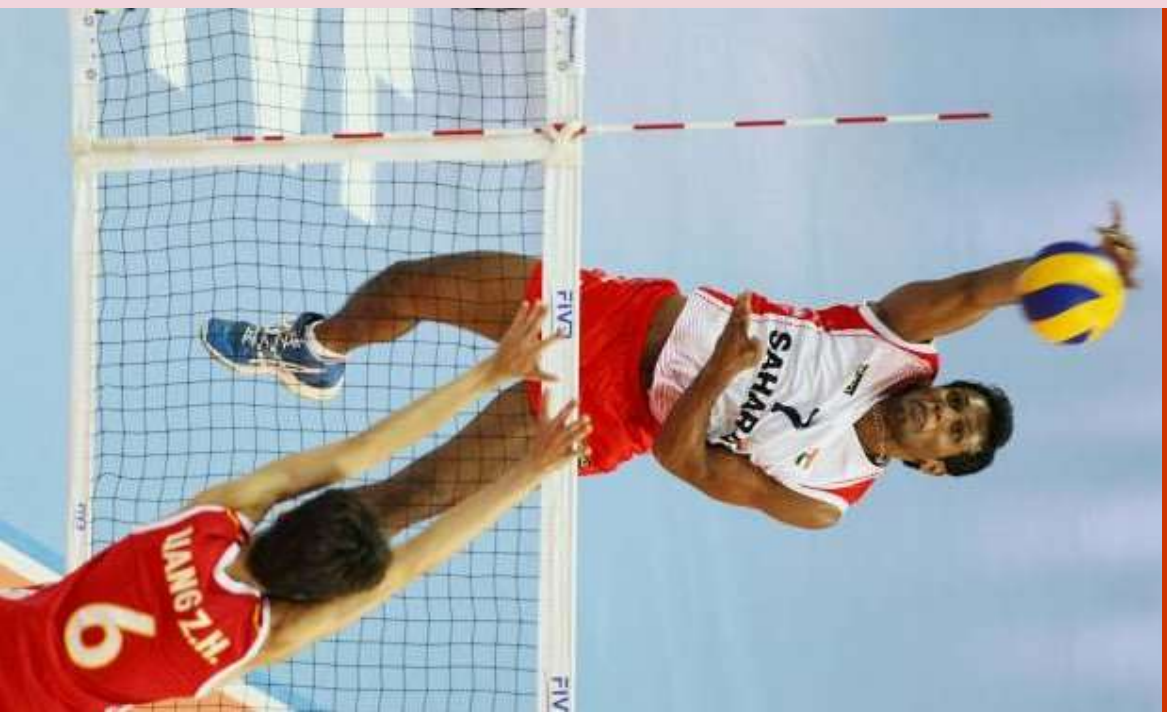
Under 16

Under - 14

Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.

VOLLEYBALL



Bengaluru - 562106
Ph : 782940900
website : www.sshntanekal.com

SHANTHIKETHANA SCHOOL
Excellence Development System



VOLLEYBALL

Mission:Shanthinikethana sports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

Shanthinikethana Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment&innovationdrive us to EXCELLENCE. In addition to coaching in Volley Ball, we are training children to improve quality in fitness constantly. Wonders never cease at Shanthinikethana School and the fun never stops here.

This is the place where you learn to bring your game to the next level.

Volleyball for everyone

- Net open to Shanthinikethana Students only
- Lesson and equipment
- Personal games evolutions
- Better play guaranteed.

Intermediate - Starts with basic warmup

VOLLEYBALL BEGINNERS - Starts with basic warmup

- Overhead passing
- Underarm passing
- Service

VOLLEYBALL INTERMEDIATE - Starts with basic warmup

- Passing drills
- Service
- Smashing

- Overhead service

ADVANCE SKILLS - Starts with basic warmup

- Net practice smashing
- Blockings
- Jump & float service
- Rotation practice
- Shanthinikethana has an infrastructure that allow you to practice teams.
- Every sports has Teams.
- U-10, U-12, U-14, FUTURES tournament is conducted.
- Our effort is to produce State & national level players.

SANKALP PROGRAM

- Hand and eye coordination.
- Fitness
- Skills and fun activities.

Children program										Adult program			
Morning			Evening		Weekend		Futures			Weekend			
3 Days			5 Days	3 Days	5 Days	Saturday		Saturday & Sunday			2 Days	3 Days	5 Days
Volley Ball	student							per team					

Batch Morning - 8.00 a.m to 8.30 a.m
Evening - 3.00 pm to 4.30 pm
4.30 pm to 5.30 pm

Batch Week end
8.00 a.m to 9.30 a.m
9.30 a.m to 11.00 a.m