



Weston Parks & Recreation Department

P.O. Box 1184 Tel. 222-2655

[www.westonct.gov](http://www.westonct.gov)

LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)

## 11-Week Volleyball Development Program

The 11-week volleyball development program focuses on team building, basic volleyball skills learning and physical conditioning training. It aims to introduce volleyball to youth and bring the fun of this sport to a broader audience. Please contact Sheena at 203-252-7266 for any questions.

*Eligibility:* All boys and girls presently in grade 3, grade 4 and grade 5

*Day/Dates:* Wednesday, Sept. 15, 22, 29, Oct. 6, 13, 20, 27 Nov. 3, 10, 17, Dec. 1

*Time/Location:* 4:00p.m. – 5:15p.m in Weston Middle School New Gym

*Fee:* \$225.00 for one 11-week session. Check only to "Town of Weston"

*Instructors:* Sheena Shen, Former NAIA National Championship Player  
Hongying Ding, Olympian and Former Chinese National Team Player



*Registration:* Begins on Monday, September 13 at the Weston Parks and Recreation Dept.



### Volleyball Development Program – Fall 2010

Name \_\_\_\_\_ Teacher/Grade \_\_\_\_\_ M/F \_\_\_\_\_

Address \_\_\_\_\_ HomePhone \_\_\_\_\_

Doctor Name & Phone \_\_\_\_\_

Local Emg. Name Phone \_\_\_\_\_

I/We agree to hold harmless the town of Weston, its employees or agents for any and all accidents, injury, loss or damage suffered while participating in this Volleyball Development Program.

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_