Volleyball for All!
“SpikeBall is a fantastic introduction for young children to become involved in the wonderful game of volleyball”

John Treacy, CEO Sport Ireland
Lesson 1: Catch and Throw Game

Warm Up and Stretching

Flush the Toilet
- Set boundaries
- Nominate 2 players who are ‘on’.
- If someone is ‘caught’ they must stand still with their arm out.
- They are free when someone on their team pushes their arm down or ‘flushes the toilet’.
- Swap who is ‘on’ every 2 minutes.

Dynamic Stretching
- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching, i.e. 1. jog-junge-jog-junge 2. High-kick-jog-high-kick
- Continue slowly jogging around the boundary until warmed-up sufficiently.

Technical and Tactical Development

Ball Skills
- Boundaries are set with each player jogging within the boundaries bouncing the ball giving them tasks, i.e. bounce ball with right hand, left hand etc.
- Call everyone into a big circle
- Give various tasks to do,
  1. throw the ball in the air, clap and catch it. 5/10/15 claps
  2. Throw the ball in the air and sit down and catch it. Stand up and catch it
  3. Throw the ball in the air and turn 360 and catch it

Game Play

Catch & Throw Game
- 6 players on a team 4 on court and 2 subs
- Each team must have 3 catches before the ball is sent back over the net.
- The server is the person who is in the right-hand corner at the back of the court. They must serve the ball over using an underarm throw.
- A point is scored when the ball is thrown into space on the opponent’s court or when the opponent makes an error or the ball is out.
- Teams must rotate in a clockwise direction after 3 successful serves or when they win the point back.
- Allow teams to keep playing the catch and throw game until they are ready to introduce the second touch.

Rules for the 2nd Touch
- It must be an underarm throw using two hands.
- Once the ball has been caught you cannot move and must throw the ball directly in front or behind you.
Lesson 2: Introducing the Spike

Warm Up and Stretching

**Ball Chase**
- Split everyone into pairs with one ball between 2.
- 1 partner stands in front with their legs shoulder width apart. The 2nd partner stands behind and rolls the ball through their partner’s legs.
- Person in front chases the ball and stops it.
- Swap around
- Give Instructions of how players should stop the ball e.g. with their foot, head, elbow, bottom.

**Dynamic Stretching**
- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching. i.e. 1. jog-lunge-jog-lunge 2. High-kick-jog-high-kick
- Continue slowly jogging around the boundary until warmed-up sufficiently.

Technical and Tactical Development

**Ball Skills**
- Call everyone into a big circle
- Give various tasks to do,
  1. Bounce the ball with your right hand and your eyes closed and then switch to left hand.
  2. Throw ball, jump up and catch the ball above your head.
  3. Jump, throw ball and catch above head.

**Introducing the Spike**
- The Spike/Hit is used on the 3rd touch to score a point in SpikeBall.
- Focus points:
  - Jumping off and landing on two feet
  - High Fast Arm
  - Open Hand
- Demonstrate the skill

Set up the following Drill:
- C= Coach who tosses the ball for spikers.
- B= Line of players who hand the ball to coach and join line (X) to Spike
- X= Line of Spikers- hit the ball and collect it and join line (B)

Game Play
- Playing the same game that was played in lesson one.
- However, this time instead of throwing the ball over the net the Spike must be used on the 3rd touch.
- All other rules are the same.
- Encourage students to throw the ball as high as possible on the 2nd touch to make it easier for their teammates to Spike the ball over.
Lesson 3: Introducing the Dig/Forearm Pass

Warm Up and Stretching

Turtle Tag:
Two players are ‘on’ and must chase the others to try and catch them all within a specified area. When a player is caught, they must lie on the ground on their back, as if they are a turtle rolled onto their back, wriggling arms and legs. To be released another person must roll them back onto their side.

Dynamic Stretching
- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching. i.e. 1. jog-lunge-jog-lunge 2. High-kick-jog-high-kick
- Continue slowly jogging around the boundary until warmed-up sufficiently.

Technical and Tactical Development

Ball Skills
- Call everyone into a big circle and give various tasks to do,
  1. Bounce ball while running. 2. Sit down, throw ball, stand up and catch ball. 3. Bounce ball around the body.

Introducing the Dig/Forearm Pass
- The dig/forearm pass is used on the 1st and the 3rd touch when the ball is low.
- Focus Points:
  - Long straight arms away from your body.
  - Contact is made with the ball just above the wrists.
  - Small swing.
  - Ready position knees bent.
- Demonstrate the skill.

Drill One
- In pairs (A and B)
- A underarm throws the ball to B.
- B digs the ball back to A to catch.
- Repeat 5 times and then change positions.
- Challenge 1: A and B must try to get as many consecutive touches as they can, using only the forearm pass.
- Challenge 2: A throws the ball to B, B digs it to themselves and then digs it back to A. A then digs it to themselves and then digs it back to B.

Drill Two
- Working on the Spike and the Dig together.
  - A underarm throws the ball over the net to B
  - B digs the ball to C.
  - C catches the ball and throws it up for B.
  - B uses a controlled Spike over the net.
  - A then digs the ball to themselves and catches it.
  - Once this has been completed group rotate one position.

Game Play
- Put the skills learned into the game. This time the 1st touch must be a dig/forearm pass. 2nd touch is always a catch and throw and the 3rd touch can be a dig or a Spike.
Lesson 4: Introducing the Volley

**Warm Up and Stretching**

**Ball Tag:**

Two players are ‘on’ and must chase the others to try and catch them within a specified area. Once a person is caught they are then the chaser. There is one Volleyball in the game and the person holding it cannot be caught. The team should work together to try and pass the ball to teammates that are close to being caught to prevent the person chasing from successfully catching anyone.

**Dynamic Stretching**

- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching. i.e. 1. jog-lunge-jog-lunge 2. High-kick-jog-high-kick
- Continue slowly jogging around the boundary until warmed-up sufficiently.

**Technical and Tactical Development**

**Ball Skills**

- Call everyone into a big circle and give various tasks to do,
- Practice forearm passing the ball on one arm and then practice forearm passing on alternative arms.

**Introducing the Volley:**

- The Volley is used on the 1st and 3rd touch when the ball is high.
- Focus Points:
  - Hands at your hair line in the shape of the ball.
  - Play the ball with your fingertips and the palms of your hands.
  - Straighten your arms towards the ceiling.
- Demonstrate the skill.

**Drill One**

- Groups of 3 or 4 (depending on numbers)
- A underarm throws the ball over the net to B
- B volleys the ball to C.
- C catches the ball and bounces it back to A.
- Repeat 3 times and then rotate positions.

**Drill Two**

- In pairs (A and B)
- A underarm throws the ball to B.
- B volleys the ball back to A to catch.
- Repeat 5 times and then change positions.
- Challenge 1: A and B must try to get as many consecutive touches as they can using only the volley.
- Challenge 2: A throws the ball to B, B volleys it to themselves and then volleys it back to A. A then volleys it to themselves and then volleys it back to B

**Game Play**

- Put the skills learned into the game.
- 1st touch is Volley or Dig
- 2nd touch is Catch and Throw.
- 3rd touch is Dig, Volley or Spike.
Lesson 5: Introducing the Serve

Warm Up and Stretching

Wizards and Rocks:
Two players are ‘on’ are wizards and must chase the others to try and catch them all within a specified area. When a player is caught, they become a rock, curled on the ground with knees tucked to chest, chin tucked to chest and back facing up. Rock can be released by someone running around them twice or by someone doing a leap frog over them.

Dynamic Stretching
- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching. i.e. 1. jog-lunge-jog-lunge 2. High-kick-jog-high-kick
- Continue slowly jogging around the boundary until warmed-up sufficiently.

Technical and Tactical Development

Ball Skills
- Call everyone into a big circle
- Give various tasks to do,
  1. Practice forearm passing the ball back and forth to a partner
  2. Practice volleying the ball back and forth to a partner.
  3. Practice using the forearm pass when the ball is low and the volley when the ball is high.
- See how many consecutive touches you can get with a partner

Introducing the Underarm Serve
- The underarm serve is used to start the game instead of a two-handed throw.
- Focus point: Use the fist or the meaty part of your hand.
- Rules:
  1. Both feet must be behind the end line
  2. The ball must be released from the hand before it is served
- Demonstrate the skill.

Drill
- In Pairs
- Both partners stand on opposite sides of the net. One partner has the ball.
- Get them to practice serving over and back to each other.
- If they are finding it difficult start them half way up the court and move back every time they are successful.

Game Play
- Put the skills learned into the game.
- Underarm serve to start the game.
- 1st touch is Volley or Dig
- 2nd touch is Catch and Throw.
- 3rd touch is Dig, Volley or Spike.
Lesson 6: Introducing the Block and Overarm Serve

Warm Up and Stretching

Line Weave:
Players divided into groups of approx. 6 stand in line full arm distance apart. Player at the back weaves through the line of players and then becomes the person at the front. Person now at the back goes, repeat until line reaches the opposite end of the hall.

Dynamic Stretching
- Set short boundaries
- Form 2 lines. Single file with plenty of space between each person (i.e. 2 lines of 5, 3 lines of 5 etc.)
- Each line start doing a slow jog toward one end of the boundary while stretching. i.e. 1. jog-lunge-jog-lunge 2. High-kick-jog-high-kick
  - Continue slowly jogging around the boundary until warmed-up sufficiently.

Technical and Tactical Development

Ball Skills
- Call everyone into a big circle
- Give various tasks to do,
  1. Practice forearm passing the ball back and forth to a partner
  2. Practice volleying the ball back and forth to a partner.
  3. Practice using the forearm pass when the ball is low and the volley when the ball is high.
- See how many consecutive touches you can get with a partner

Introducing the Block
- The block is a defensive move used to prevent a successful attack usually a spike from the opposing team.
- Focus Points:
  1. Jump and land with two feet.
  2. Block with two hands and loose wrists.
  3. Direct the ball down into the opponent’s court.
- Drill
  - Get the students into pairs, standing on opposite sides of the net facing their partners.
  - Partner A throws the ball for B and B must jump up and block it sending the ball back into A’s court.
  - Repeat 5 times and then switch who the blocker is.

Introducing the Overarm Serve
- The overarm serve is a more difficult serve that can be used to start the game instead of an underarm serve or a two-handed underarm throw.
- Focus Points:
  1. Stand one foot in front of the other, the foot opposite to your serving arm should be in front.
  2. Toss the ball up and take a step forward.
  3. Reach up high to hit the ball at arms highest reach.
- Drill
  - In Pairs- Both partners stand on opposite sides of the net. One partner has the ball.
  - Get them to practice serving over and back to each other.
  - If they are finding it difficult start them half way up the court and move back every time they are successful.

Game Play
- Put the skills learned into the game.
  1st touch is Volley or Dig
  2nd touch is Catch and Throw.
  3rd touch is Dig, Volley or Spike.
- Encourage them to use the block and the underarm and overarm serves.
Additional Advanced Practice Drills

Serve & Pass
- S (Server), serves across the net to P (Passer).
- P (forearm passes to T (Target)).
- T catches the ball and joins the S (serving) line on own side of net.
- Server (S) serves and joins passing (P) on the other side of the court.
- (P) passes and then become the Target (T).
- Target (T) catches the ball and joins the line on own side of net.
- Both sides of the court start at the same time and the drill should work continuously.
- Players can toss the ball across the net instead of serving to make the drill easier.
- Reduce spacing for less experienced players.

Pass & Hit
- 4 Groups – Group A Tosses Ball / Group B Catches Ball / Groups C & D Pass the Ball.
- Group A throws the ball underarm across the net to C or D.
- Passer forearm passes the ball to B (Catcher).
- Catcher throws the ball (2 hands - underarm) for that passer to hit.
- After 5 attempts all 4 groups rotate one position.
- Drill needs to have good tempo to involve all.

Add-ons to Drill:
Catcher then chooses who to toss to – passer/non-passers.
Volley can be used instead of the Forearm Pass.

Addition / Volley
- 5 players (A) line up with their backs to the net on both sides.
- 5 players (X) line up off the court approx 3m back.
- Players shuffle across the court and pass the ball back to the throwers (A)
- Once finished passing the players leave the court and join the end of the line and go again.
- Same set up can be used on the other side of the net.
- Drill must have a good tempo to keep all interested.

Add-ons to Drill: Volley can be used instead of the Forearm Pass.

Ball Control
- Divide Group into Teams of 4 (X1, X2, X3, X4) – Team A
- Who can control the longest?
- Team A, B, C, D?
- Each team gets 5 lives – team to lose last life (ball wins).
- X1 Passes, X2 catch and throws X1 pass across net to X4 passes to X3 catch and throw X4 passes across net to X1, continuous...
- Game 2 - Substitute Pass for Volley
- Game 3 - Pass or Volley
- Game 4 - Introduce Standing Spike
- Game 5 - Run - Jump - Hit
- All with control.

Team Pass & Hit
- 4 Players on court (A, B, C, D)
- A, B, C in the Serve Receive Positions.
- The ball must be played to the catcher in position D.
- The ball is then caught and thrown underarm for any one of the players to attack.
- All three players must be ready to hit as ball could be played to any one of the three players.
- Players fill in from the line (xxxx).
- Hitter collects the ball and gives it back to the coach and joins the end of line (X).
- Drill must have a good tempo to keep all interested.

Add-ons to Drill:
Volley can be used instead of the Forearm Pass.
Useful Information for Teachers

School’s Volleyball Competition

- SpikeBall Championships – October 2017-January 2018
- Junior Volleyball Championships – January 2018-March 2018
- Cadette Volleyball Championships – October 2017-January 2018
- Senior Volleyball Championships – October 2017-December 2017
- Senior Schools Volleyball Cup – December 2017-February 2018

General Rules for Volleyball & SpikeBall

For a full breakdown of rules to both games please visit our website

http://volleyballireland.com/contentPage/253495/s_c_h_o_o_l_s_d_o_c_u_m_e_n_t_s/i_n_f_o_r_m_a_t_i_o_n

Practical Workshops, Programmes and Links

Volleyball and SpikeBall having been continuing to grow over the past few years. This is highlighted in the charts below showing an increase in Primary and Secondary Affiliations and in Team Entries over the past three years. For more information about competitions contact cdo@volleyballireland.com
Affiliation Numbers

### Primary School Affiliation Numbers

- **2014-2015:** 205
- **2015-2016:** 210
- **2016-2017:** 228

### Secondary School Affiliation Numbers

- **2014-2015:** 88
- **2015-2016:** 96
- **2016-2017:** 98

Team Entry

### Number of Teams Competing in Primary Schools

- **2014-2015:** 334
- **2015-2016:** 337
- **2016-2017:** 372

### Number of Teams Competing in Secondary Schools

- **2014-2015:** 802
- **2015-2016:** 893
- **2016-2017:** 909
Introduction to Volleyball & SpikeBall Workshop

SpikeBall is an adapted Volleyball game that provides a FUN introduction for children to the sport. This 2-hour practical workshop aims to give Teachers the techniques, teaching methods and confidence to introduce this game to their pupils, irrespective of any previous experience of the sport.

http://www.volleyballireland.com/contentPage/253495/s_c_h_o_o_l_s_d_o_c_u_m_e_n_t_s/i_n_f_o_r_m_a_t_i_o_n

Sitting Volleyball

Sitting Volleyball is one of the most entertaining Paralympic sports and it is getting increasing attention as an exciting, fast game, and for its potential to be a tool for positive social change. It is a fantastic sport that enables able bodied players and disabled bodied players to play and compete together.

View our Sitting Volleyball Video.
http://www.volleyballireland.com/clipsList
For more information contact inclusion@volleyballireland.com

Mini Spikers

Mini Spikers Programme is an introductory Volleyball Programme targeting 6 to 9 year old children. The overall aim of the programme is to develop children’s Fundamental Movement Skills (FMS) through a variety of FUN activities and provide an age appropriate FUN introduction to the game of Volleyball. The Mini Spikers game is a simple adapted game that is presented and taught through three stages preparing players to progress onto playing SpikeBall and Volleyball.
For more information contact: ty2@volleyballireland.com

Equipment & Resources

View our online shop for Net Systems, Spikeball/Volleyballs and other resources. https://volleyballireland.etailor.ie/
VAI Post-Primary Schools’ Competition & Team Entry Form 2017/18

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<td>Can enter any/all VAI Schools competition(s), including SpikeBall Until May 2018</td>
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*For schools taking part in competitions please list dates of school house and mock exams
Christmas House Exams ___________________________ Junior/Leaving Mock Exams ___________________________

If you do not wish your contact details to be included on a list distributed to other schools interested in organising friendly matches please tick here: [ ]

**NOTICE:**
- Payment details on next page. No entries accepted unless all payments included.

Signed: ___________________________  Date: ___________________________


# VAI Post-Primary Schools’ Competition & Team Entry Form 2017/18

**School:**

**Address:**

**Contact:**

**E-mail:**

**Mobile:**

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**S T A N D A R D A F F I L I A T I O N O N L Y**

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*Contact: Phone:*

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**Total Cost:**

**TOTAL (**€125 max):**

**€125 is the maximum payable amount per school per annum for team entry, regardless of the above teams numbers / sub-totals.**

---

**NOTICE:**

- *Please give details of contact person for specific competitions if different from main contact listed.*
- Affiliation forms will only be processed with accompanying payment in full.

**Payment Methods** (please tick)

- Cheque 
- PayPal 
- VAI’s PayPal account e-mail address is info@volleyballireland.com
- Bank Transfer 
  Account No: 65069922 Sort Code: 900973, IBAN number - IE 28 BOFI 9012 1265 0699 22, BIC - BOFIEIE2D

**Signed:**

**Date:**

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**Are you interested in getting involved in the VAI Schools Commission?**

Yes [ ] No [ ]

"This is our school’s first time to affiliate with the VAI": Yes [ ] No [ ]

**Schools that Affiliate for the first time will receive:**

- [ ] A FREE updated copy of “A Complete Guide to Teaching SpikeBall” Handbook, worth €10
- [ ] A FREE demonstration DVD for the SpikeBall game, worth €10

If you do not wish your contact details to be included on a list distributed to other schools interested in organising friendly matches please tick here: [ ]

**Affiliation Fee:**

<table>
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**Notice**

- Affiliation forms will only be processed with accompanying payment in full.
- Payment Methods (please tick)
  - Cheque [ ]
  - PayPal [ ]
    - VAI’s PayPal account e-mail address is info@volleyballireland.com
  - Bank Transfer [ ]
    - Account No: 65069922 Sort Code: 900973, IBAN number - IE 28 BOFI 9012 1265 0699 22, BIC - BOFIIE2D

Signed ___________________________ Date ___________________________
### National Championships 2017/18

**Primary Schools Team Entry Form** – (Team Entry Deadline 15th October 2017)

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<td>Phone:</td>
<td>Mobile:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Team Entry:</th>
<th>Girls</th>
<th>Boys</th>
<th>Mixed</th>
<th>Cost</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of teams:</td>
<td></td>
<td></td>
<td></td>
<td>€15 per team</td>
<td>€</td>
</tr>
</tbody>
</table>

This is our schools first time entering the National Championships: Yes [ ] No [ ]

Does your school have an indoor hall that could be used for the competition? Yes [ ] No [ ]

If yes how many badminton courts does it have? ____________

### NOTICE

- The Primary Schools competition is open to 5th and 6th class pupils.
- Please refer to the SpikeBall Rules Handbook, available on website, for Competition Rules.
- To compete in this competition your school must be affiliated with the VAI and all fees paid in full.
- **Deadline for Team Entry to Primary Schools SpikeBall Championships is 15th October 2017**

Signed: ___________________________ Date: ___________________________
Contact Details

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Phone: 01-6707165
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