



CALOUNDRA STATE HIGH SCHOOL



SPIKEZONE

discover mini-volleyball
WITH VOLLEYBALL AUSTRALIA



SPIKEZONE is:

- For Year 5 and 6 children of all skill and experience levels
- For boys and girls
- The perfect introduction to volleyball
- Coordinated by experienced coaches

FUN - ENERGETIC - SOCIAL JUNIOR VOLLEYBALL

Caloundra High's Volleyball Program of Excellence trials for Year 7 in 2024 will be held in Week 8 of Term 3. Spikezone is a great way to learn the skills of volleyball and have an advantage at the trials.



WHERE: CALOUNDRA STATE HIGH SCHOOL, STUDENT CENTRE, BOWER STREET

YEAR LEVEL: 5 AND 6

WHEN: TERM 2 2023 - TUESDAY WEEK 7 - 9

TERM 3 2023 - TUESDAY WEEK 2 - 7

TIME: 3:30PM - 4:30PM

COST: FREE

**LIMITED SPACES
Register your interest**

Lauren Schwieso
Volleyball program coordinator
lschw15@eq.edu.au
54368444

GOT A MEAN SERVE?

ABOUT SPIKEZONE VOLLEYBALL YEAR 5 AND 6



Caloundra SHS's Volleyball Program of Excellence has been ongoing for 37yrs. It is a strong traditional program producing representatives at regional, state and national levels. Our students participate in Volleyball classes in Years 7, 8, 9 and 10.

Spikezone is Volleyball Australia's modified version of Volleyball designed especially to increase participation opportunities for primary school students. Spikezone Volleyball is a fun and energetic activity, it is a great team sport which increases coordination and socialisation skills. Spikezone Volleyball is a non-contact gender equal sport. All equipment is provided, you just need to bring yourself and a drink bottle.

Goals of Spikezone

The goal of Spikezone is to grow the sport of Volleyball therefore enabling more children to experience the sport and provide the foundation to continue Australia's success on the world stage.

The Spikezone Program

The Spikezone program is designed for children where they can learn and play volleyball in a fun, game orientated learning environment. It is a great group activity for kids and all their friends. The 'Learn to Play' component of Spikezone is a series of skill and game-related coaching sessions designed to introduce players to Volleyball in a fun and active way. Courses are conducted over a 6 week period at Caloundra State High School during Term 2 and 3.

What will you learn?

All of the basic skills of Volleyball will be covered, in a fun game-orientated way. The main learning outcome for the 'Learn to Play' courses is for kids to have an understanding of how to play Spikezone Volleyball, what skills to use and how to work together in teams. Spikezone challenges players to take their game to the next level! Players form teams and test their new skills against others in weekly competitions.

How to Play

Like Volleyball, Spikezone is about getting the ball over the net in three hits or less and winning the rally because:

- The ball hits the ground in the opposition's court
- The opposition fails to return the ball over the net in three hits or
- The opposition hits the ball out of court

Spikezone Modifications

The modifications for Spikezone that are different from Volleyball include:

- A lower net height (2 metres)
- A softer and lighter ball
- Fewer players on the court
- Slight changes to the rules



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