

# Oct 19th PRO-D DAY

## Sports Clinics and Games

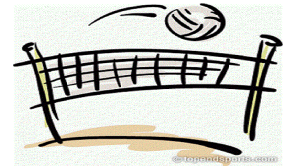
The Vancouver Secondary Schools Athletic Association (VSSAA) is once again providing programming activities for students on the October 19<sup>th</sup> Pro-D Day. The sessions are open to all students in grade 5 – 7. Students will be provided skill development instruction and an opportunity to practice those skills through our clinic games and challenges.

**SPACE IS LIMITED ... REGISTER EARLY!!!**

**ONLY \$35.00 per student/day**

### Volleyball Clinics – Oct 19<sup>th</sup> (Morning and Afternoon sessions)

- **Vancouver Technical Sec (AM)** 9:00 am – 11:45 am **Open to all grade 5 – 7s**
- **Vancouver Technical Sec (PM)** 12:45 pm – 3:00 pm **Open to all grade 5 – 7s**
- **Prince of Wales Sec (AM)** 9:00 am – 11:45 am **Open to all grade 5 – 7s**
- **Prince of Wales Sec (AM)** 12:15 pm – 3:00 pm **Open to all grade 5 – 7s**



**\*\*\* The volleyball sessions are half day options (you will need to register for the morning and afternoon sessions if you are looking to register your child for the full day). (\$17.50 for each session)**

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### Basketball Clinics – Oct 19<sup>th</sup> (Full Day)

- **Charles Tupper Sec.** 9:00 am – 3:00 pm **Open to all grade 5 – 7s**

**\*\*\* The basketball session is a full day option (\$35.00 for the full day)**



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### **HOW TO REGISTER:**

Please visit the VSSAA website which is [www.vanourschoolsports.ca](http://www.vanourschoolsports.ca) – the Pro-D clinics and camps can be found under the **SPECIAL EVENTS TAB** on the top of the home page. Under each of the sport headings there is a brief description of the camp. Click on the **REGISTER TAB** to be taken to then to the online registration section - **a family account will need to be created and then add the athlete information to your account prior to registering for the clinic or camp of your choice.**