

# **SPIKE SQUAD**

## **EVENT INFORMATION**

Thank you for registering your child for the Spike Squad program at Mount Lofty Community Sports Centre.

The session will take place from 9am-12pm at Mount Lofty Community Sports Centre (see below for venue information).

Your child will leave the session with an improved skill-base and understanding of the sport, which will no doubt assist them in school, club, and representative volleyball in the future.

Please ensure you read the information below and feel free to contact VSA if you have any further questions.

EMAIL: [participation@volleyballsa.com.au](mailto:participation@volleyballsa.com.au)

PHONE: (08) 8363 1265

### **LUNCH**

Please pack lunch and any snacks (no nuts please) for your child.

### **WHAT TO BRING**

Please see below for a list of what to bring!

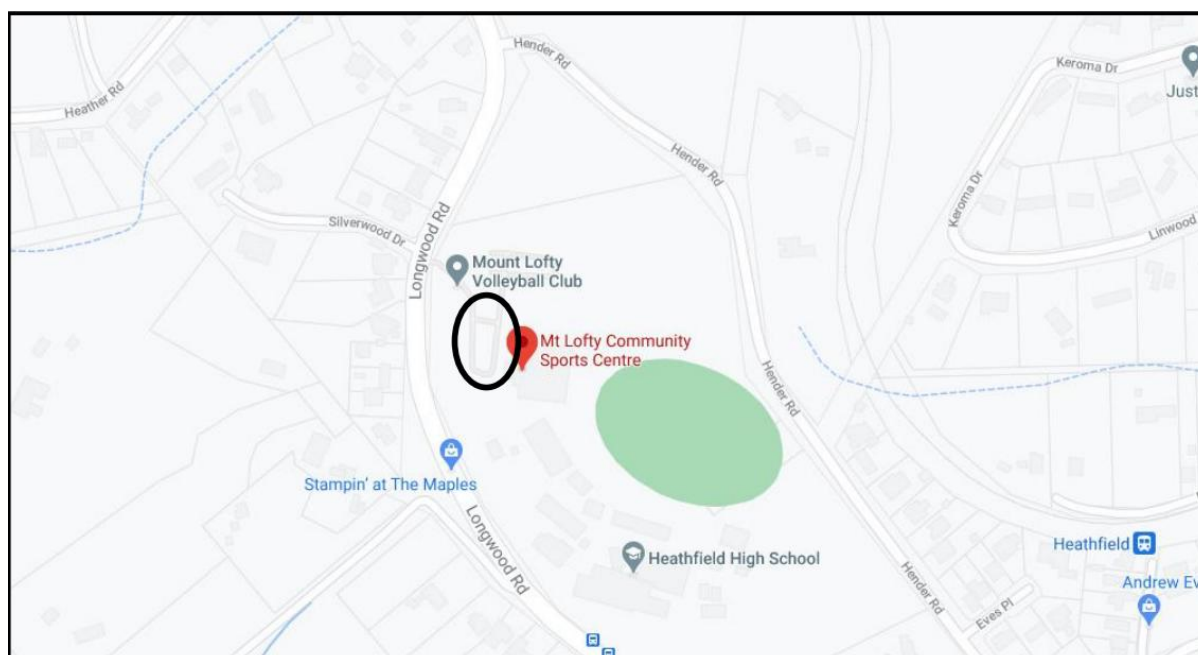
- Water Bottle (water refill station at venue)
- Enclosed shoes (sneakers)
- Kneepads (if you wear them!)
- Remember to dress appropriately for a full day of sport!

**IMPORTANT:** Please remember to bring any medication that may be required. For example, Ventolin for Asthma. First AID will be available on site.

## **VENUE MAP**

Mount Lofty Community Sports Centre  
79 Longwood Road, Heathfield SA, 5153  
Sign in / Meeting Point – Gym Foyer.

Please see circled area for designated parking. Parking entrance via Longwood Rd.



## **SESSION ITINERARY**

8:50am	Arrival (Parent/Guardian must sign-in their child)
9:00am	Session Commences
10:15am	RECESS BREAK
10:45am	Session Continues
12:00pm	Session Concludes/Pick up and sign-out

NOTE: An adult will be present until all children are picked up. Please try to pick your child up by 12 pm, thank you.