

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 12:30–3:30pm 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

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!

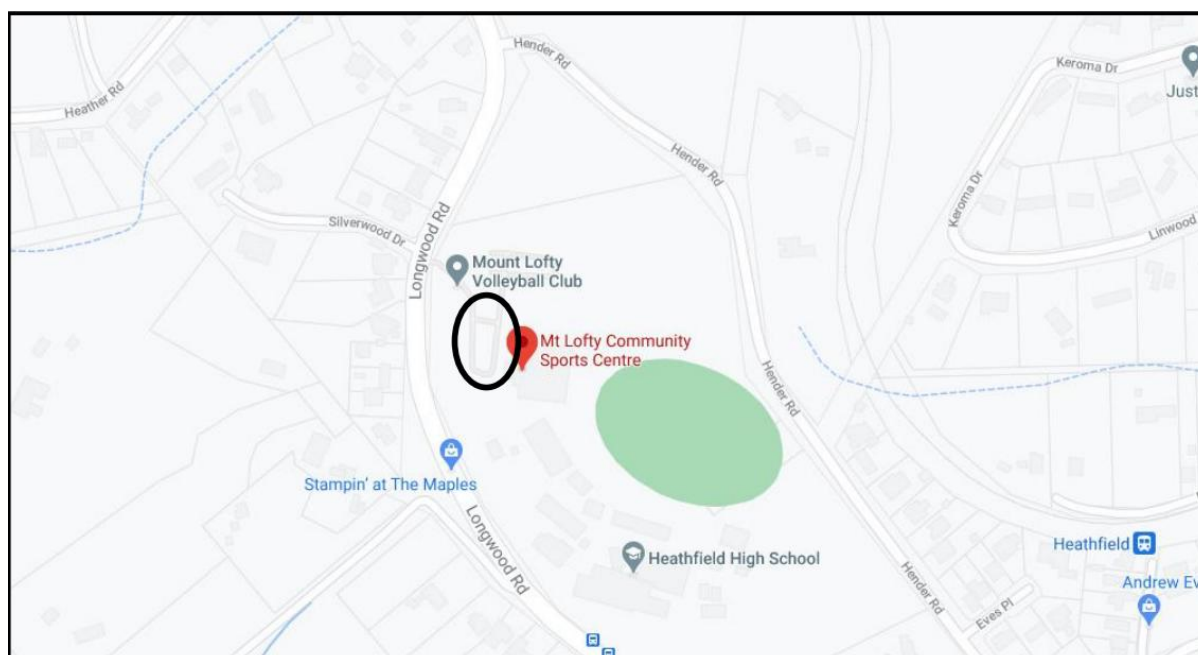
- Water Bottle (water refill station at venue)
- Enclosed shoes (sneakers)
- Kneepads (if you wear them!)
- Remember to dress appropriately for a full day of sport!

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

12:20pm	Arrival (Parent/Guardian must sign-in their child)
12:30pm	Session Commences
1:45pm	RECESS BREAK
2:15pm	Session Continues
3:30pm	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 3:30pm, thank you.