



# GYM DOME CLUB – Winter 2021

*General Program Philosophy: We want all the kids to play a lot, have fun with their friends, and learn the skills of volleyball in a positive group environment. The emphasis of the Dome Club is on learning, fun, and development. This is not a competitive program and winning will not be a priority.*

Scrimmage/Gameplay days (when they can be reinstated) are informal, reffed by coaches, and the emphasis is on everyone playing as much as possible and learning long term team skills.

## Notes for Winter/Spring 2021 - as of March 2 (subject to change)

- Per current AHS and Volleyball Alberta recommendations **all participants will be required to wear masks for practices**. There will be regular mask breaks with proper distancing, as well as designated “mask off” areas off court in case kids need to take a break during drills.
- **Scrimmage/Gameplay days are currently tentative** based on the possibility of Covid restrictions being relaxed. If we are still not able to play games at that point then will have practices at the usual times instead. The schedule may be updated throughout the session as new information is provided by AHS & GovAB, and if Scrimmage/Gameplay days can happen then more specific schedules for each group will be sent out at least a week in advance.
- Until COVID-19 restrictions are relaxed there will be **no spectators for practices or tentative Scrimmage/Gameplay days**. Our building numbers are currently limited and every spectator is one less kid who may participate.
- Under the current Covid restrictions kids are to remain 3m apart including when on court. This means we'll be starting with a lot of individual skills, pairs drills, and ball control (regardless of previous experience) so that we can keep everyone properly distanced throughout practices . As restrictions are relaxed they will be able to return to more group and competitive/co-operative drills.

All Practices and Gameplay will be at the **GYM** location (293057 James Jones Way, just South of CrossIron Mills).



The following schedules are for practices at the **Volleydome GYM** (293057 James Jones Way):  
**\*Currently all scrimmage/gameplay days are tentative based on Covid Restrictions being loosened. If we are still unable to have games at this point in the session then a practice will be held instead at the group's usual time.**

### **Season Schedule for DC1/DC2 Girls & Guys born 2003 to 2005**

Sat, March 13	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Organizational practice
Mon, March 15	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Individual skills
Sat, March 20	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Individual skills
Mon, March 22	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Group and individual skills
Sat, March 27	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Group and individual skills
Mon, March 29	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Practice
Sat, April 3	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Practice
<b>Mon, April 5</b>	<b>HOLIDAY NO PRACTICE</b>	
Sat, April 10	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Practice
Mon, April 12	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Practice
Sat, April 17	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Practice
Mon, April 19	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Practice
Sat, April 24	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Teamwork and game situation
Mon, April 26	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Teamwork and game situation
<b><u>Sat, May 1</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Mon, May 3	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Practice
Sat, May 8	6:30 to 8pm (Boys), 6:45 to 8:15pm(Girls)	Teamwork and game situation
Mon, May 10	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Teamwork and game situation
<b><u>Sat, May 15</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Mon, May 17	5 to 6:30pm (Girls), 5:15 to 6:45pm (Boys)	Teamwork and game situation
<b><u>Sat, May 22</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	

### **Season Schedule for DC06/07 Girls & Guys born 2006 or 2007**

Sun, March 14	12:15 to 1:45pm or 12:30 to 2pm	Organizational practice
Fri, March 19	7 to 8:30pm or 7:15 to 8:45pm	Individual skills
Sun, March 21	12:15 to 1:45pm or 12:30 to 2pm	Individual skills
Fri, March 26	7 to 8:30pm or 7:15 to 8:45pm	Group and individual skills
Sun, March 28	12:15 to 1:45pm or 12:30 to 2pm	Group and individual skills
<b>Fri, April 2</b>	<b>HOLIDAY - NO PRACTICE</b>	
Sun, April 4	12:15 to 1:45pm or 12:30 to 2pm	Practice
Fri, April 9	7 to 8:30pm or 7:15 to 8:45pm	Practice
Sun, April 11	12:15 to 1:45pm or 12:30 to 2pm	Practice
Fri, April 16	7 to 8:30pm or 7:15 to 8:45pm	Practice
Sun, April 18	12:15 to 1:45pm or 12:30 to 2pm	Practice
Fri, April 23	7 to 8:30pm or 7:15 to 8:45pm	Practice
Sun, April 25	12:15 to 1:45pm or 12:30 to 2pm	Teamwork and game situation
Fri, April 30	7 to 8:30pm or 7:15 to 8:45pm	Teamwork and game situation
<b><u>Sun, May 2</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Fri, May 7	7 to 8:30pm or 7:15 to 8:45pm	Practice
Sun, May 9	12:15 to 1:45pm or 12:30 to 2pm	Teamwork and game situation
Fri, May 14	7 to 8:30pm or 7:15 to 8:45pm	Teamwork and game situation
<b><u>Sun, May 16</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Fri, May 21	7 to 8:30pm or 7:15 to 8:45pm	Teamwork and game situation
<b><u>Sun, May 23</u></b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	



The following schedules are for practices at the **Volleydome GYM** (293057 James Jones Way):  
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### **Season Schedule for DC08 Girls & Guys born in 2008**

Sun, March 14	2:15 to 3:45pm	Organizational practice
Fri, March 19	5:30 to 7pm	Individual skills
Sun, March 21	2:15 to 3:45pm	Individual skills
Fri, March 26	5:30 to 7pm	Group and individual skills
Sun, March 28	2:15 to 3:45pm	Group and individual skills
<b>Fri, April 2</b>	<b>HOLIDAY - NO PRACTICE</b>	
Sun, April 4	2:15 to 3:45pm	Practice
Friday, April 9	5:30 to 7pm	Practice
Sun, April 11	2:15 to 3:45pm	Practice
Fri, April 16	5:30 to 7pm	Practice
Sun, April 18	2:15 to 3:45pm	Practice
Fri, April 23	5:30 to 7pm	Practice
Sun, April 25	2:15 to 3:45pm	Teamwork and game situation
Fri, April 30	5:30 to 7pm	Teamwork and game situation
<b>Sat or Sun, May 1/2</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Fri, May 7	5:30 to 7pm	Practice
Sun, May 9	2:15 to 3:45pm	Teamwork and game situation
Fri, May 14	5:30 to 7pm	Teamwork and game situation
<b>Sat or Sun, May 15/16</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	
Fri, May 21	5:30 to 7pm	Teamwork and game situation
<b>Sat or Sun, May 22/23</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted (or regular practice times)</u></b>	

### **Season Schedule for DC09 Girls/Guys born in 2009**

Sat, March 13	4:45 to 6:15pm	Organizational practice
Thurs, March 18	5 to 6:30pm	Individual skills
Sat, March 20	4:45 to 6:15pm	Group and individual skills
Thurs, March 25	5 to 6:30pm	Teamwork and game situation
Sat, March 27	4:45 to 6:15pm	Practice
Thurs, April 1	5 to 6:30pm	Practice
Sat, April 3	4:45 to 6:15pm	Practice
Thurs, April 8	5 to 6:30pm	Teamwork and game situation
Sat, April 10	4:45 to 6:15pm	Practice
Thurs, April 15	5 to 6:30pm	Practice
Sat, April 17	4:45 to 6:15pm	Practice
Thurs, April 22	5 to 6:30pm	Practice
Sat, April 24	4:45 to 6:15pm	Practice
Thurs, April 29	5 to 6:30pm	Teamwork and game situation
<b>Sat, May 1</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted</u></b>	
Thurs, May 6	5 to 6:30pm	Practice
Sat, May 8	4:45 to 6:15pm	Practice
Thurs, May 13	5 to 6:30pm	Teamwork and game situation
<b>Sat, May 15</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted</u></b>	
Thurs, May 20	5 to 6:30pm	Teamwork and game situation
<b>Sat, May 22</b>	<b><u>Scrimmage/Gameplay TBD if COVID Restrictions lifted</u></b>	