

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Andrews Redbirds Girls Volleyball

GRADE OR AGE LEVELS: 5th - 8th Grades

FORMAT: IN-PERSON

START DATE: 01/11/2026

END DATE: 03/08/2026

WEEKS TOTAL: 8

DATES OFF: 1/18/26

DAY/TIME REQUIRED: Sun 3:00-5:00pm

ADD'L DAYS/WK AVAILABLE: TBD

HOURS (REQUIRED): 16

HOURS (POSSIBLE): 16

TOTAL SEMESTER HOURS POSSIBLE: 16

LOCATION/ADDRESS: Andrews University, Johnson Gym: 8520 E Campus Cir Dr,
Berrien Springs, MI 49104

MAIN INSTRUCTOR: Ryan & Suzi Hayes

ADDITIONAL PRIMARY INSTRUCTORS (background checked): George Kim

CONTACT INFORMATION: Phone: 989-289-0340 Email: hsuzanne@andrews.edu

ADDITIONAL REGISTRATION AT SITE REQUIRED? Yes

IF YES, INSTRUCTIONS FOR REGISTRATION: Visit the Andrews Junior Cardinal Website (www.andrewsjrcardinals.org) for additional registration information, such as medical paperwork, a copy of insurance card, and waivers.

MAIN INSTRUCTOR QUALIFICATIONS:

Coaches Ryan and Suzi Hayes have played recreational volleyball for a number of years. Coach Suzi also played volleyball in her middle school years. They have played leagues together for several years as adults.

COURSE DESCRIPTION:

Andrews Jr. Cardinals Volleyball is designed to provide participants the opportunity to develop and improve their Volleyball skills through weekly practices. These practices will focus on physical conditioning, passing, serving, receiving, setting, attacking, digging, blocking, as well as transitioning and learning the 4-2/6-2 /5-1 offense systems and various defensive strategies when instructors deem it appropriate.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

Week 1: Introduction, Pre-Test, Skill Assessments

Week 2: Conditioning Training, Game & Court Terminology, Forearm Passing
Week 3: Conditioning Training, Serving skills and strategies
Week 4: Conditioning Training, Serve Receiving & Digging
Week 5: Conditioning Training, Overhand Setting and Approaching to Attack
Week 6: Developing Outside Attacking and Middle Blocking/Hitting
Week 7: Defensive Transitioning & Learning the Offensive Systems
Week 8: Wrap-Up, Evaluation In-class Games

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

- 1. By week 5 students will demonstrate a basic understanding of Volleyball fundamentals.**
- 2. By week 6 students will show improvement from their baseline tests in Week 1 and can identify “keys” of each element and practice drills on their own.**
- 3. By week 10 students will have a well-rounded learning of volleyball skills, rules and strategies while demonstrating improved ability to maintain a vb rally.**

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.**
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.**

Class-specific assessment: Student skills will be assessed in the first week based on their volleyball knowledge and skills.

ADDITIONAL RESOURCES: (online, books, video, etc.): <https://www.goldmedalsquared.com/>;
<https://www.theartofcoachingvolleyball.com/>

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: 80% unless excused absence from parents

Behavior: Good attitude and sportsmanship

Attire: Students are expected to show up wearing athletics clothing and shoes appropriate for participation in the active learning of the sport. Volleyball Knee pads are recommended.

Weather: Classes will be canceled based on school closings