

## REGISTRATION FORM

Name: ..... Class/Sec: ..... DOB: .....  
Blood Group: ..... Gender: M/F Cheque No: ..... No. of days: .....  
Session: Morning/Evening/Both ..... Parent Name .....  
Contact No: ..... Address .....  
Sign.....  
Date of registration: ..... Coach Sign ..... Principal Sign .....

**Note:-** Demand Draft may please be favoured on the name "Kensri Trust Sports"

### COACHING STAFF

#### **Volley ball Coach:**

Arun  
National Player/Coach

#### **NATIONAL PLAYERS**

##### **Under 16**

Krishnav, Aadi  
Aryan, Kanishik  
Hardik, Haricharan  
Bhushit, Umar  
Yeshash

##### **Under - 14**

Karan, Kushal, Ananya, Prarthana

#### **Rules**

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleryes etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.



#1348/444A, Mariya Street, Mariyannapalya,  
Bengaluru - 560 024.  
Ph : 080-2202 6000, 6560 4705.  
website : www.3dinnovate.com

# KENSRI VOLLEYBALL



**KENSRI SCHOOL & COLLEGE**  
KENSRI Excellence Development System



## KENVOLLEYBALL

**Mission:** Kensports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

KENSRI Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in Volley Ball, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

This is the place where you learn to bring your game to the next level.

Volleyball for everyone

- Net open to public
- Lesson and equipment
- Personal games evolutions
- Better play guaranteed.

### **Intermediate - Starts with basic warmup**

**VOLLEYBALL BEGINNERS** - Starts with basic warmup

- Over head passing
- Underarm passing
- Service

**VOLLEYBALL INTERMEDIATE** - Starts with basic warmup

- Passing drills
- Service
- Smashing
- Over head service

**ADVANCE SKILLS** - Starts with basic warmup

- Net practice smashing
- Blockings
- Jump & float service
- Rotation practice
- KENSRI has an infrastructure that allow you to practice teams.
- Every sports has club.
- U-10, U-12, U-14, FUTURES tournament is conducted.
- Our effort is to produce State & national level players.

## SANKALP PROGRAM

- Hand and eye coordination.
- Fitness
- Skills and fun activities.

		Children program				Adult program			
		Morning	Evening	Weekend	Futures	Weekend	Week days		
Volley Ball	KENSRI student	3 Days 1500/-	3 Days 1500/-	Saturday & Sunday 1500/-	1500/- per team	Saturday & Sunday 2000/-	2 Days 1500/-	3 Days 2000/-	5 Days 3000/-
	Out siders	3 Days 2500/-	3 Days 2500/-	Saturday & Sunday 2000/-		Saturday & Sunday 2000/-	2 Days 1500/-	3 Days 2000/-	5 Days 3000/-
<b>Batch</b>		<b>Morning - 7.00 a.m to 8.00 a.m</b>				<b>Week end</b>			
		<b>Evening - 3.00 pm to 4.30 pm</b>				<b>8.00 a.m to 9.30 a.m</b>			
		<b>4.30 pm to 5.30 pm</b>				<b>9.30 a.m to 11.00 a.m</b>			