

## SDHXCS Enrichment Classes (才艺课)

<b>Subject (科目):</b>	<b>Sports</b>		
<b>Course Name (课程名称):</b>	<b>Beginning &amp; Intermediate Volleyball (初级中级排球)</b> <a href="#">公众号链接</a>		
<b>Teacher Name (教师姓名)</b>	Liao, Leo (廖仲骥)	<b>Phone</b>	(619) 792-4332
		<b>email</b>	zhliao@ucsd.edu
<b>Teacher's Background (教师简介):</b>	<p>Leo has been in competitive volleyball team for over 10 years at Vavi Volleyball League and he is an experienced volleyball player in different positions. In addition, after required systematic training, Leo has earned referee certification for volleyball competition.</p> <p>Leo 老师和排球结缘已有 10 多年的时间, Leo 曾参加多次室内和草地排球赛事, 可以支应各个位置的全能型排球选手, 排球已经成为了伴随他生活的必不可少的运动项目。同时, Leo 老师还进行了系统的排球理论学习以及赛事观摩, 获得了排球赛事记分员和裁判资格。</p>		
<b>Course introduction (课程简述):</b>	<p>The class will start with a brief warm-up, followed by a skill lesson, mini games to practice the new skill, and end with a cool-down. Throughout the year, Coach Leo will train students in basic volleyball skills (passing, setting, spiking and serving), actively cultivate athleticism, nurture team-building, and teach competition strategies.</p> <p>教授排球基础技能: 发球、垫球、传球、扣球。 通过小组赛事讲解基本的进攻站位和基本防守策略。 每节课一般会通过热身训练、技术讲解和示范、技能训练和团队比赛(游戏)进行合理分配。 同时, 教练会带领学员进行专业放松。全方位的了解排球运动这项赛事。</p>		
<b>Course Objectives (课程目标):</b>	<ol style="list-style-type: none"> <li>1) Teach basic volleyball skills (passing, setting, spiking and serving).</li> <li>2) Foster team collaboration and effort.</li> <li>3) Teach competitive strategies and tactics used in tournaments.</li> </ol> <p>1) 教授基本的排球技巧(传球, 定位, 扣球和发球)。 2) 促进团队协作和努力。 3) 教授锦标赛中使用的竞争策略和策略。</p>		
<b>Pre-requisite/Student Ages (先决要求/学生年龄要求):</b>	Ages 8 and up. 8 岁以上		

<b>Student Evaluation / Presentation</b> (评分方法 (演出、比赛、展示等)):	At the end of the year, there will be a class tournament to showcase the year's hard work. 期末评估, 评选奖杯得主。			
<b>Class Size (最多招生人数限制):</b>	20 (Sundays at 11:30 am - 12:30 pm)			
<b>Course Fee (报名费 / 学费):</b>	<b>Registration &amp; material fee</b>	\$300 per year	<b>Special course fee</b>	