



Coffs Harbour Public School

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We acknowledge the traditional custodians of the land on which we live and work and we pay our respects to the Elders both past and present.

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To Whom It may Concern

Coffs Harbour Public School started 2016 Sporting Schools with the Spikezone Volleyball Program run by State Volleyball NSW using local Volleyball coaches from Coffs Harbour Volleyball Association.

My staff and I were aware of the terrific coaching background of Mr Adrian Pickup after he ran two very successful Basketball Sessions in 2015 for the Aussie Hoops Program.

Mr Pickup's introduction sessions covered many fundamentals for gross motor skills including Hand Eye co-ordination and foot eye co-ordination skills for classes from Kindergarten to Year 6.

We found the continuation of these skills from 2015 to the Volleyball sessions of 2016 our students have still been practising, as their skill level was quite high. Those that may not have been practising soon developed these skills again with the volleyball sessions.

Within a 6 week program I was able to witness in person after helping out in one session the thorough enjoyment the children in year 5/6 had. I mentioned to the coaches how skilled these children were and was very impressed by what I witnessed. My staff agreed that the enjoyment and skills the students gained whilst involved in Volleyball were tremendous.

I have no hesitation in recommending the Spikezone Volleyball program to any school interested in the Sporting School Program. Both Adrian Pickup and Adam Kay presented themselves and their sport of Volleyball in a professional manner and kept the children interested and motivated throughout the program. Our school is very diverse and the two coaches were able to accommodate the needs of students with disability, students who were newly arrived refugees and those from backgrounds where sporting activities were new to them.

We have had a high level of interest in after -school Volleyball activities from our students and this also attributes to the fun the students enjoyed while attending the Spikezone Volleyball Program.

Yours sincerely,

Leonie Buehler
Principal