



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Handball

## Boys And Girls 6th - 12th Grade

Participants will be grouped together by age and ability.

Did you know that Handball...

- Is an excellent cross-training sport for many other sports or activities. Handball enhances agility, speed, quickness, reaction time, coordination & endurance while having fun.
- Involves major muscle groups (arms and legs) and develops hand-eye coordination.
- Develops of both sides of the body and brain since the athlete will be trained to strike the ball with both hands.
- Is a fairly inexpensive sport that can be enjoyed throughout your lifetime.

### Join Us in the Handball Experience!

Lessons coached by John Stoffel, handball player since 1980. John got his start in handball here at the YMCA under the guidance of Minnesota State Handball Association's Hall of Fame Member, Paul Dorland, current member and handball player. John accomplished his first State title in 1991 as the Minnesota State Handball Championship "C" Division. He went on to gain two National titles and in 2006, John went to the Semi-finals of World Handball Championships in Men's 40+ Singles as well as Finals in Men's 40+ Doubles held in Edmonton, Canada. John's philosophy on coaching is "Athletics is an excellent playground for life's lessons. Handball's rules and code of conduct provides an everyday encounter with honesty (the rules often require players to make certain calls on themselves during the game), responsibility (through skill development and equipment care), respect and caring (both through sportsmanship)."

### All Equipment Provided

#### Program Dates

Thursday, January 5 3:15-5:00pm Program Begins  
Thursday, February 23 3:15-5:00pm Program Ends

#### Program Fees:

YMCA Member \$14.00  
Non-Member \$24.00

**All Equipment Provided**

***Registration Due By January 2***

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