



“Get Active, Get Your Kicks!” with **SEPAK TAKRAW**

(Kick Volleyball)



Benefits of a Sepak Takraw Program:

- Participants develop ‘EYE-FOOT COORDINATION’, as well as increase flexibility, agility, balance and leg strength ... enhancing quality of life by keeping active and fit;
- Sepak Takraw is the perfect SOCCER CROSS-TRAINING activity, and though kids right from 6 years old can benefit, often it is taught from grades 5 and up ... using a wealth of professional INSTRUCTIONAL RESOURCES;
- Sepak Takraw can be played as a SOLO ACTIVITY (one person ‘juggling’ a Takraw ball, or practicing ‘Kicking Challenges’), a GROUP ACTIVITY (several people standing in a circle keeping a Takraw ball in the air without using hands or arms ... much like footbag), or a TEAM SPORT (3 on 3 on either side of a net in a badminton court);
- The Solo, Group or Team Sport activities can also be played INDOORS or OUTDOORS ... the portable Sepak Takraw courts and game sets that are available can be set up in 5 minutes, and are perfect for Outdoor P.E., Summer Camps, YMCA, etc., - the UNIQUE HAND-WOVEN BALL (air-filled balls are too bouncy, hard to control) will get lots of attention;
- As a Team Sport, Sepak Takraw is played on a badminton court with the same 5-foot high net and court dimensions, so most schools already have the major equipment needed, making it a very INEXPENSIVE (just add balls and resources);
- Teams are made up of only a minimum of THREE players (tournament travel all in one vehicle), ideal for smaller schools – and for gear, players just wear shorts, T-shirts or jerseys and sneakers ... again, a very INEXPENSIVE SPORT!

SKILLS CLINICS: \$75/hour, \$195/half-day, \$325/full-day EQUIPMENT & MATERIALS: 10 - 20% OFF for Members

For More Information: www.SepakTakrawSask.ca www.takrawcanada.com

For Equipment/Resources: www.netprosports.com

