



12 & UNDER VOLLEYBALL LITE PROGRAM

For athletes 11 and 12 years old, that focuses 50% on Skills and 50% on play. Program is coached by current Vail Volleyball Club coaches and High School level athletes.

Practices will be 1 hour each Sunday for 7 weeks. Final day of each session will be "Tournament" like-play. All practices will be held at BMHS from 3:30-4:30pm, except for tournament day which will be in the morning and run longer.

Practices: February 12, 19, 26, March 5, 12, and 19

Tournament Day: March 26-time TBD

Cost: \$100 per athlete per session; includes a t-shirt with paid registration.

Limit of 36 athletes per session

TO REGISTER, PLEASE VISIT:

<http://www.vailvolleyballclub.com>

Registration is now open.

Athletes must have a current Rocky Mountain Region USAV membership to participate. To join, please visit: **<http://www.rmrvolleyball.org/>**