



Lower Hudson Volleyball Association is a non-profit organization designed to provide athletes with a competitive

volleyball experience. Our goal is that each player performs to their peak level of ability, as well as learn important life lessons. Through hard work, determination and teamwork, each player will gain self-confidence in the sport of volleyball on and off the court. Our coaching staff consists of experienced coaches from around the area and LHVA alumni who are ready to share their knowledge of the game.

2015-2016 Teams

18/17s Travel Team
17/16s Regional Team
15s Regional Team
14s Regional Team
13s Regional Team
Developmental Program (Grades 2-8)

Need More Information?

Website

www.lhvavolleyball.com

Contact Us

Email: info@lhvavolleyball.com

Directors

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**PO Box 8013
Pelham, NY 10803**



**LOWER HUDSON
VOLLEYBALL
ASSOCIATION**

2015-2016

**AN ALL GIRLS CLUB
VOLLEYBALL PROGRAM
DESIGNED TO IMPROVE
AND ENHANCE
A YOUNG ATHLETE'S
SKILLS AND ABILITIES**

Travel and Local Teams

Information Meeting

Wednesday, October 28th @ 7pm
Pelham Middle School Gym

New and returning parents and players are encouraged to attend to learn more about our program and to meet the 2015-2016 coaches.

Tryouts

Date: November 17th & 18th

(must attend both days)

Place: Hooperstown (Mount Vernon, NY)

Fee: \$75 non-refundable (does not include GEVA Player Registration)

*Register w/ LHVA before 11/4 to save \$15.

Tryout Times for New Players

Age: 15 and under **6:00-7:30pm**

Age: 16 and up **7:30-9:00pm**

Tryout Times for Returning Players

Go to your age group (see above for times) unless you played up on a LHVA team in the 2014-2015 Season.

(Ex: A player is 14 years old but played on the 16 and under LHVA Team in the 2014-2015 season. This player would go to the 16 and up tryout time.)

Registration for Tryouts

Players must be registered with GEVA prior to tryouts.

Website: www.geva.org

Place: Hooperstown

Date: November 17th

Time: 15 and under 5:30-6:00pm
 16 and up 7:00-7:30pm

Cost of Season *Same as last year!

18/17s Travel: \$2,500

17/16s Regional- \$1,600

15s Regional- \$1,500

14s Regional- \$1,500

13s Regional- \$1,300

What's Included:

- * Uniform Package
- * Qualified Impact Certified Coaches
- * Two practices a week (18s-14s)
- * Six practices a month (13s)
- * Additional Positional Practices
- * Local and Travel Tournament Entry Fees
- * Hotel Accommodations for Travel Teams
- * GEVA Team Registration Fee
- * Training Equipment



Developmental Program

This program is designed for players in grades 2-8 that are looking to learn and build basic volleyball skills. Players will be divided by grades, but can be moved depending on their ability.

Cost: \$300

Place: Pelham High School

Time: 1:00-2:30pm

Dates:

December 5th, 12th & 19th

January 9th, 16th, 23rd & 30th

February 6th & 27th

March 5th

Registration:

1. Download and fill out the following forms from the LHVA Website:

LHVA Developmental Registration Form, LHVA Medical Form & Insurance and Release Form.

2. Bring cash or a check made payable to LHVA for \$300, and the paperwork stated above.

Wednesday, December 2nd

Pelham Middle School

7-8pm

or

Saturday, December 5th

Pelham High School

12-1pm

