

MIDDLE SCHOOL LEAGUES

Leagues are a great way to have FUN as well as keeping up your skills. Some club teams may want to stay together. School teams might want to play together to get ready to play together in the fall. Teams are limited to incoming 7th and 8th grade players as well as incoming 6th graders that have played at least one club season.

Here are all the details about this 6 week league **May 14 - June 20**. 2 nights/ week, one night practice and one night game league pool play with tournament at the end of the league season.

- 6 weeks of practices and games May 14-June 20
- Practice on Tuesday nights– 1 hour
- Pool play on Thursday nights (2 games/2 match/night)
- Bracket play June 21 based on pool results
- Integrity coach will be provided.
- Summer League t-shirt is included.
- "Up" ref provided for all games.
- Players are expected to keep score and call lines when they are "off" in pool play.
- \$150/ player/ session (paid online when registering).
- Games held at MCBC (Meadowcreek Baptist Church) and FAOG (First Assembly of God), both in Bedford. Teams will play in both locations, so check the schedule each week which will be posted on the website.

REGISTER at www.integrityvbc.com

TEAM ROSTER FORM (Download from website) should be emailed to info@integrityvbc.com by **April 30**. All players on roster must also register and pay online for the summer league with team indication in "notes" by **May 7**. The number of teams that will be accepted is limited, so get your form turned in early. Teams can pick their practice times so turn in your form to get your first choice of practice time.

*Unfortunately, we can not accept players without a team at this time.

INTENSE SUMMER CLINICS

These all-skills clinics are designed for current club players and those who are interested in getting to know and playing for Integrity VBC in upcoming 10th season. ***This is a MUST for all returning club players.*** Top team coaches for will be represented.

If you only do one thing this summer, this it!

10U-12U (Academy Intense) Fridays beginning May 10 through Aug 23.

\$320 Bundle-16 sessions and t-shirt or \$25/session
**This age group is by invitation only or tryout in Academy.*

13U-18U Saturdays-May 25, June 1,8,15,22,29 July 6.
\$125 Bundle-7 sessions and t-shirt or \$25/session.

"Intense" T-Shirt is included with these packages.

*(*Individual sessions are available for \$25/session - t-shirt not included)*

Register at www.integrityvbc.com



INTEGRITY VOLLEYBALL CLUB

Summer Practice Facilities

MCBC-MeadowCreek Baptist Church FAOG-First Assembly of God
2503 Bedford Rd. 3800 Hwy 121
Bedford, TX 76021 Bedford, TX 76021

Mailing Address:

P.O. Box 211174 - Bedford, TX 76095
email: info@integrityvbc.com
website: www.integrityvbc.com



SUMMER PROGRAMS



Integrity Volleyball Club
www.integrityvbc.com

ALL SKILLS AND POSITIONAL CLINICS

Various clinics will be held throughout the summer to provide additional instruction and practice. The focus will be on hitting, serving, setting and defense / ball control and incorporating game like drills and play.

Middle School Clinics
and
High School Clinics

\$20/ 1 hour session

See www.integrityvbc.com for the detailed schedule.

Online registration and payment required.

INTEGRITY SAND CONDITIONING AND TRAINING PROGRAM

Plans are in process. Please check the website for the most recent information.

Integrity Volleyball Club Established 2010



Come join the family and be a part of the upcoming 10th season!!!!

Signing dates -

July 20th– 15U and older

July 27th– 14U and younger

INTEGRITY ACADEMY PRE CLUB PROGRAM

This year round program will offer players 8 -12 years old the opportunity to learn basic skills and fundamentals. Players are monitored each week as to their progress. The instruction is highly individualized to help players move at their own pace.

This program will train players to play club volleyball at the 10U,11U and 12U level. **Over 90% of Integrity's current 11's and 12's team participated in our Academy training program last year.** This program is also excellent for players to improve their skills for "rec" leagues.

The Academy is prerequisite to Academy Intense which begins in May. Academy Intense is by "invitation only". See more info Intense Clinics on website.

SESSION E - May 10,17,24,31 (Fridays 5:30 - 7:15)

SESSION F - June 7,14,21,28 (Fridays 5:30 - 7:15)

SESSION G - July 5,12,19,26 (Fridays 5:30 - 7:15)

SESSION I - August 2,9,16,23 (Fridays 5:30 - 7:15)

\$100 for 1 session

\$190 for 2

\$270 for 3

\$340 for all 4

REGISTER: www.integrityvbc.com



BACK-TO-SCHOOL CAMPS

Get ready for school team tryouts!

**TIME: 5:30 pm - 7:25 pm/
7:30 pm - 9:25 pm**

COST: \$50 per session (2 nights)

**Middle School-A	July 30 Tuesday	Aug 1 Thursday
**Middle School-B	Aug 6 Tuesday	Aug 8 Thursday
**Middle School-C	Aug 13 Tuesday	Aug 15 Thursday

***Middle School (incoming 7- 8 grades)*

REGISTER ONLINE www.integrityvbc.com



Integrity Volleyball Club

REGISTER ONLINE: www.integrityvbc.com

All programs require online registration.
No walk ins.

Questions???

Send email to:
rusty.koontz@integrityvbc.com
OR info@integrityvbc.com