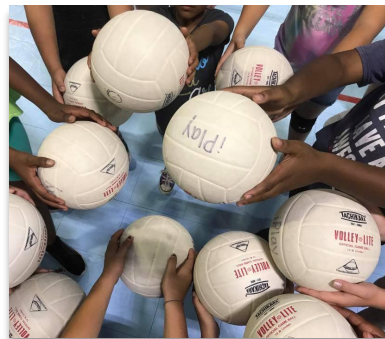




FALL SEASON

Information and Registration online:
usvbclub.com

This program is designed for boys and girls in 3rd-12th grade. We provide the coaches. There are no assigned teams. The players have 2 weekday practices per week over an eight-week period. Each practice is 90 minutes long. During the practices they learn volleyball skills and play scrimmage games designed for their skill level. Rookie/Power players will be evaluated and placed in a division. Prep players are not evaluated for division placement.



PREP DIVISION:

Elementary School 3-5th grade

ROOKIE/POWER DIVISION:

Middle School 6-8th grade;
High School 9th-12th grade

\$240*

**per player
per 8-week season**

**One Year Non-Refundable \$14
AAU Membership included in fee**

***\$10 OFF EARLY BIRD
DISCOUNT IF
REGISTERED
BY AUG. 25TH**

DATES: September 16, 2019-November 6, 2019

DAYS: Monday & Wednesdays

TIMES: 4:30 pm - 6:00 pm

SITE: Contra Costa Sports Complex,
1210 Sunset Drive, Antioch

- **PLAYERS AGES 8-18!**
- **COACHING PROVIDED**
- **NO EQUIPMENT REQUIRED**
- **SKILL LEVEL: INSTRUCTIONAL**
- **NO SATURDAYS IN ANY DIVISIONS**

PROGRAM DESCRIPTION:

- **Prep:** 3-6th graders with little or no volleyball experience. The net is a foot lower than regulation; the ball is lighter, and the instruction is structured for the youngest players.
- **Rookie:** 5-9th graders with little or no volleyball experience. The net and ball are regulation, and the instruction is basic.
- **Power:** 6-12th graders with some previous volleyball experience. The net and ball are regulation, and the instruction is basic but faster than the other divisions.