

YOUTH **volleyball** PROGRAMS

Itty Bitty Bumpers (Ages 5-8)

Learn basic volleyball skills in a fun and friendly environment!

A lower net and lighter balls are used in training. Instructors will include Rockford Club Volleyball coaches and players. This program coincides with the Sunday adult co-ed volleyball leagues, providing parents the opportunity to register and play as their child(ren) plays.

Resident \$48.00
Non-resident \$58.00

Indoor Sports Center
8800 E Riverside Blvd, Loves Park

SUNDAYS ID# 845103-01
Sept 12, 10–Oct 17, 10 | 5:00–6:00 pm

SUNDAYS ID# 845103-02
Nov 7, 10–Dec 12, 10 | 5:00–6:00 pm

Mighty Spikers (Ages 8–11)

All basic skills of volleyball will be taught in a progressive proficiency program. Skills of the game will be applied to game play as players become proficient in their skills. Coaches include Rockford Club Volleyball coaches and players.

Resident \$65.00
Non-resident \$75.00

Indoor Sports Center
8800 E Riverside Blvd, Loves Park

FRIDAYS ID# 845102-01
Sept 24, 10–Oct 15, 10 | 6:00–8:00 pm

FRIDAYS ID# 845102-02
Oct 29, 10–Nov 19, 10 | 6:00–8:00 pm

Aces (Ages 11–14)

This program offers a combination of instructional drills plus game play. All basic skills of volleyball will be taught, reviewed, and practiced in a progressive proficiency program spanning from basics (*if needed*) through advanced skills and techniques (*if athlete displays readiness*).

Resident \$65.00
Non-resident \$75.00

Indoor Sports Center
8800 E Riverside Blvd, Loves Park

FRIDAYS ID# 845101-01
Sept 24, 10–Oct 15, 10 | 6:00–8:00 pm

FRIDAYS ID# 845101-02
Oct 29, 10–Nov 19, 10 | 6:00–8:00 pm

quick facts

GRADES K–8 (*as of Jan 1, 10*)

LOCATION Indoor Sports Center

REGISTRATION ends 1 week prior to start of session (*or when capacity is reached*)

PRIVATE LESSONS

For more information or to schedule a session, Call Pat Meinert at 815-987-8881.

Per hour \$35.00

FEE ASSISTANCE AVAILABLE



See pg 33 for details.

For the more **competitive** athlete...



- If you want something beyond recreational volleyball
- If you want to train with the best club coaches in the area to be the best volleyball player you can be
- If you are willing to put more time and effort into the sport of volleyball
- Or if you're looking for a solid competitive program

...then try out for Rockford Volleyball Association's Club program.

Rockford Volleyball is the most established volleyball club in the northern Illinois area. Founded in the fall of 1985, Rockford Volleyball has continued to grow in stature and strength of teams in the United States Volleyball's Great Lakes Region. Over the years, Rockford Volleyball has met the great variety of volleyball needs for young ladies who wish to play the game of volleyball. Many of the RVBA players go on to compete in volleyball at the college level. This coming season, Rockford Volleyball will continue to focus on developing the top volleyball talent in the Rockford and surrounding areas. So, if you are a serious player and are looking for a competitive volleyball program, Rockford Volleyball is the place for you!

For more information about the club and updates on tryouts for the 2010–2011 season, visit the club web site at www.rockfordvolleyball.org.