



LIVBC Girls Volleyball

Middle School Pre-Season

**Get ready for Middle School Volleyball with our
Pre-Season Training Program**

Tuesdays – Sept 16, 30, Oct 7, 14, 21 7th & 8th grade only
Or

Thursdays – Sept 18, 25, Oct 9, 16, 23 6th – 8th grade
7:00 pm – 9:00 pm

Great Hollow Middle School, 150 Southern Blvd, Nesconset

The cost for either five (5) week session of training is \$375 each.

Training to be provided:

Individual Skills: Passing, serving, hitting, setting

Fundamental Team Tactics: defense, offense, positions and transition

Who is eligible: Girls currently enrolled in grades 6 through 8.

How to register: Go to www.livbc.com and click on Clinics and follow the directions for Girls Middle School Pre-Season registration.

Space is limited: You must register online and pay electronically by Venmo or Zelle to immediately guarantee a spot. If paying by check, make the check payable to LIVBC and mail to: LIVBC, 34 Maple Glen Ln, Nesconset, NY 11767.
Venmo: @Denise-Nizich (3121) or Zelle: deniselivbc@gmail.com.

Space fills up quickly, completed registrations only guarantee attendance

For more information contact: Jennie Sheridan at Jennie@LIVBC.com 631- 807-6708 or Denise Nizich at Denise@LIVBC.com 516-317-3121.

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