

LIVBC

GIRLS VOLLEYBALL

MIDDLE SCHOOL

PRE-SEASON

GET READY FOR MIDDLE SCHOOL VOLLEYBALL
WITH OUR PRE-SEASON TRAINING PROGRAM!

TUESDAYS

7th & 8th Grade

SEPT	SEPT	OCT	OCT	OCT
22	29	6	13	20

7:00 PM – 9:00 PM

Great Hollow Middle School
150 Southern Blvd, Nesconset

THURSDAYS

6th-8th Grade

SEPT	OCT	OCT	OCT	OCT
24	1	8	15	22

7:00 PM – 9:00 PM

Great Hollow Middle School
150 Southern Blvd, Nesconset

INDIVIDUAL SKILLS



Passing



Serving



Hitting



Setting

TEAM TACTICS



Defense



Offense



Positions



Transition

PROGRAM COST:

\$375 EACH

(for either 5-week session)

WHO IS ELIGIBLE:

GIRLS IN
GRADES 6-8

HOW TO REGISTER:

WWW.LIVBC.COM

SPACE IS LIMITED

venmo

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FOR INFO



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