



LIVBC Club Volleyball Prep League

The time and commitment to Club Volleyball can be daunting, so LIVBC is offering an option for the athlete new to the club environment. All girls born after 7/1/2010 are eligible to participate.

Players can register as a full team of 10, with friends or as individuals. Individuals will be placed on teams based on their position. The emphasis is on game play and getting you experience on the court. Players per team are limited.

Use this league to improve your skills, train at a new position or just to gain valuable experience without having to commit to a team with a full tournament/travel schedule. Sessions will be run by LIVBC coaches who will focus on skills development, team concepts and advancing the players' Volleyball IQ.

League Info Location:

Saturdays
All Sportz Melville
100 Ruland Road
Melville, NY

Session Time:

Session will run as follows:
Saturday, May 3rd - May 31st 8:00 am - 10:00 am

Session Format:

- Agility and group warmup followed by team selections for the league. (week 1)
 - Facilitated by Coaches based on positions
- Team warm ups (Hitting and Serving, 5-10 minutes per team)
- Weekly skill/s being focused on
- Game play

The cost of the league (5 sessions) is \$250, payable when registering via Venmo or Zelle . There are no refunds or adjustments given for sessions missed.

All players must register online Here: <https://forms.gle/m1eKAYFF8gy4tr5j6>

Venmo - Just867 (last 4 digits of cell, 6708) (<https://www.venmo.com/u/just867>)

Zelle - DeniseLIVBC@gmail.com

(Please include player's name in the comments)