# FRLL 2023

# JUNIOR ROOKIES LEAGUE \$200

## Age 9-11 or 3rd-5th Grade Girls

Formerly known as "Challengers League" 2 LOCATIONS! Yorktown & Pendleton

Beginner to intermediate training and team play. 5 weeks. 2 scrimmages. 1 coach + 10 athletes = 1 team Includes T-Shirt

> 5:00-6:30 PM Wednesday Practices August 16, 23 & 30 September 6 & 13 9:00-10:00 AM Saturday Scrimmages September 2 & 9



# **QUADS LEAGUE**

\$200 TEAM

# Age 9-14 or 3rd-8th Grade Girls & Boys

\*Elementary & Middle Schoolers ONLY

Must have 1 year playing experience. Create your own team! 4 players per team. Teams will play a minimum of 2 games on each of the 4 play dates. Play results will impact future weeks opponents. No coach. Co-Ed is allowed. Please assign 1 person to register the entire

> 4:00-6:30 PM Sundays August 13, 20 & 27 September 10



# **MINIS**

\$40 PFR

# Age 7-8 Girls & Boys

Introduction, exploration, and acclimation to volleyball. An opportunity for children to socially engage with others their age in a sport specific environment that encourages reaching developmental milestones & promotes exploratory play. Includes T-Shirt & SpikeLite Volleyball

Session I - 3:00-4:00 PM, August 13 & 20 Session II - 3:00-4:00 PM, August 27 & September 10 Session III - 1:00-2:00 PM, October 22 & October 29



### **TOTS**

\$35

Age 3-4 Girls & Boys

Introduction to volleyball. An opportunity for children to socially engage with others their age in a sport specific environment that encourages reaching developmental milestones & promotes exploratory play.

5 athletes to 1 coach ratio.

Includes T-Shirt & SpikeLite Volleyball

Session I - 5:00-5:50 PM, August 16 & 23 HURRY! Only 20 spaces

Session II - 5:00-5:50 PM, August 30 & September 6 HURRY! Only 20 spaces

Session III - 5:00-5:50 PM, September 27 & October 4 HURRY! Only 20 spaces

Session IV - 5:00- 5:50 PM, October 18 & 25 HURRY! Only 20 spaces

\$35 PFR SESSION

### **TYKES**

NEW

# Age 5-6 Girls & Boys

Introduction & exploration of volleyball. An opportunity for children to socially engage with others their age in a sport specific environment that encourages reaching developmental milestones & promotes exploratory play.

5 athletes to 1 coach ratio.

Includes T-Shirt & SpikeLite Volleyball

Session I - 6:00-6:50 PM, August 16 & 23 HURRY! Only 20 spaces

Session II - 6:00-6:50 PM, August 30 & September 6 HURRY! Only 20 spaces

Session III - 6:00-6:50 PM, September 27 & October 4 HURRY! Only 20 spaces

Session IV - 6:00- 6:50 PM, October 18 & 25 HURRY! Only 20 spaces

# **BUNDLE PACKAGES**

Junior Skills Bundle-\$100 Includes all 6 skills camps

Junior Rookies League & Skills Bundle- \$300

Includes Junior Rookies League and all 6 skills camps

Tots/Tykes Bundle-\$120 Includes all 4 sessions Minis Bundle-\$105 Includes all 3 sessions

Must register by July 15 for T-Shirt guarantee

All skills camps include T-Shirt

\$20

**SERVING** 

Age 9-11 or 3rd-5th Grade Girls & Boys

1:00-2:00 PM Sunday, August 13

\$20

**PASSING** 

Age 9-11 or 3rd-5th Grade Girls & Boys

2:00-3:00 PM Sunday, August 13

\$20

SETTING

Age 9-11 or 3rd-5th Grade Girls & Bovs

1:00-2:00 PM Sunday, August 20

\$20

**DEFENDING** 

Age 9-11 or 3rd-5th Grade Girls & Bovs

2:00-3:00 PM Sunday, August 20

\$20

**ATTACKING** 

Age 9-11 or 3rd-5th Grade Girls & Boys

1:00-2:00 PM Sunday, August 27

\$20

**BLOCKING** 

Age 9-11 or 3rd-5th Grade Girls & Boys

2:00-3:00 PM

Sunday, August 27







