

U-12 Girls Volleyball Open Tryouts...

- Do you enjoy volleyball?
- Are you in good health and physical ability?
- Do you want to compete in a positively enforced sport where winning doesn't matter?
- Do you want to work on developing your skills?
- Do you want to meet and make new long-lasting friends?



Then volleyball may be the right place for you!

Aims:

The intention here is to teach not only the in's and out's of volleyball, but also to help acquire life-long skills in teamwork, good sportsmanship, a positive work ethic and NOT a win-at-all cost mentality. We want the experience to be positive and about character growth, not about winning. A successful season will be one where the girls develop their skills, make new friends and leave every practice or game with a smile on their faces, win or lose.

Some Points to consider:

There will be travel involved and a 100% commitment is expected from ALL participants. EVERYONE WILL PLAY! Proper insurance and medical all need to be up-to-date and permission forms need to be completed by the end of tryouts. (Without these forms the child will not be allowed to participate.)



Don't forget:

Volleyball can be a dangerous sport where there are inherent risks. If you have any questions about such risks feel free to contact me at coachfrew@volleyball.com or check this site for all the information about volleyball at www.everythingvolleyball.edu. I will also be available after practices for any questions or concerns you may have.

Details:

- We will practice every Tuesday and Thursday with games on Wednesday and a mini tournament the first weekend of every month with our final tournament at the end of the season in November.
- We will practice in the small gym, so bring proper shoes, shorts, t-shirt and a bottle of water.
- See the school site for more details, or feel free to email me at coachfrew@volleyball.com.

Make sure that this form is signed and returned. By signing this form and returning it, you are aware of the inherent risks involved with volleyball and such an environment.

By signing this I hereby understand that volleyball has inherent risks and accept that this is a part of the sport. I also hereby acknowledge that I have been provided with the information, or opportunity to seek out answers to any concerns I may have about the program.

Participant Name:

Date:

Parent or Guardian (must be over 18 years of age):