

# XTREME VOLLEYBALL

**Xtremevbacademy.com**

114 Hillcrest Avenue  
Ledgewood, NJ

**Fall 2018**

## Middle School Girls Fall Program

This program is for girls in middle school who want to be trained in a competitive, team style format. Teams will be formed based on skill level, and will be provided with a fixed coach who will lead them in practices twice a week, in-house scrimmages and a local tournament. This format will allow the girls to be exposed to the same techniques and drills used by our Traveling Team staff, just as they would during our club season. In addition to practicing all of the essential skills and fundamentals, the girls will benefit immensely from learning team offensive and defensive systems. All players will receive a team jersey.

**Meets:** Sept. 10 to Nov. 1, 2018

### **Evaluation Dates:**

All players must attend at least one evaluation date, please note which date in the NOTES section of the registration.

Thursday, Aug. 9 - 6:00pm to 7:00pm

Thursday, Aug. 23 - 6:00pm to 7:00pm

Saturday, Sept. 1 - 10:00am to 11:30am

## Academy VB Programs

### **Diggers, Boys & Girls 5 to 11**

Program meets every Sunday for 8 weeks beginning September 9

### **Fall Volleyball**

High School Girls – Meets on Tuesdays & Thursdays for 8 weeks beginning September 11

### **Club Prep**

For girls getting ready for the upcoming club season. Meets every Sunday for 8 weeks beginning September 9

### **Boys Volleyball**

Boys in grades 4 to 8 – Meets Wednesdays & Fridays for 8 weeks beginning September 12



[www.XTREMEVBACADEMY.com](http://www.XTREMEVBACADEMY.com)

*Xtreme is a non-profit, 501(3)c volleyball club. #81-2366076*