



www.southernswing-volleyball.com



# 2018 Rising Stars!

## Non-Travel Program for girls in Grades 3 - 8

Program Cost - \$300 Per Player Per Session OR  
**\$550 for BOTH SESSIONS when registration and payment are complete on or before the SESSION 1 registration deadline.**  
*(registration fee due in full at the time of registration)*

### SESSION I - \$300

*(Registration Deadline - 09/13/17)*

#### Developmental Training - Fall

Youth Division  
(grades 3 - 5)  
MS Division  
(grades 6 - 8)

4 Weeks of Training  
Mondays  
September, 2017

Conditioning  
Position Skills  
Team Drills  
Scrimmages

#### 2017 Fall League

Youth Division  
(grades 3 - 5)  
MS Division  
(grades 6 - 8)

4 Weeks of League Play  
Sundays  
October 2017

4 Weekly Practices  
Tuesdays  
October 2017

### SESSION 2 - \$300

*(Registration Deadline - 12/15/17)*

#### Developmental Training - Spring

Youth Division  
(grades 3 - 5)  
MS Division  
(grades 6 - 8)

4 Weeks of Training  
Mondays  
January, 2018

Conditioning  
Position Skills  
Team Drills  
Scrimmages

#### 2018 Spring League

Youth Division  
(grades 3 - 5)  
MS Division  
(grades 6 - 8)

4 Weeks of League Play  
Tuesdays  
Feb/Mar 2018

4 Weekly Practices  
Sundays  
Feb/Mar 2018

This training program offers your player the opportunity to participate in an organized program that serves as the stepping stone to our more advanced travel teams. Rising Stars is designed for girls who are not yet ready to commit to the requirements of a travel team AND to girls who want to learn the fundamentals of volleyball but do not yet participate in a formal athletics program through their school. Please email your questions to us at [ssvball@yahoo.com](mailto:ssvball@yahoo.com) or text Coach Josh Moore at (361) 210-6876.