



# 2019 Rising Stars Non-Travel Program!



**For girls in Grades 3 - 8**

**All Sessions Held at the Victoria College Sports Center**

**SESSION 2 - \$300**

*Registration Deadline 12/19/18*

**SESSION 3 - \$300**

*Registration Deadline 06/14/19*

**Developmental  
Training - Spring**

**Youth Division  
(grades 3 - 5)**

**MS Division  
(grades 6 - 8)**

**4 Weeks of Training  
Mondays  
January, 2019**

**Conditioning  
Position Skills  
Team Drills  
Scrimmages**

**2019  
Spring League**

**Youth Division  
(grades 3 - 5)**

**MS Division  
(grades 6 - 8)**

**4 Weeks of Play  
Sundays/Tuesdays  
Feb/Mar 2019**

**4 Weekly Practices  
Sundays  
Feb/Mar 2019**

**2019  
Summer League**

**Youth Division  
(grades 3 - 5)**

**MS Division  
(grades 6 - 8)**

**4 Weeks of Play  
Sunday/Monday  
July 2019**

**4 Weekly  
Mid-Afternoon  
Practices  
July 2019**

**2019  
Summer Camp**

**Youth Division  
(grades 3 - 5)**

**Rising Stars  
Summer Camp**

**MS Division  
(grades 6 - 8)**

**Rising Stars  
Summer Camp**

**Friday - Date TBD  
July 2019**

**A \$25 late fee will be added to each late registration and all registrations not paid in full on or before the stated registration deadlines above.**

**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 for girls who want to learn the fundamentals of volleyball but who are not yet able to participate in a formal athletics program through their schools or those that want to strengthen their skills in preparation for school athletics.**

**For additional information contact us by email at [ssvball@yahoo.com](mailto:ssvball@yahoo.com) or by text at (361) 210-6876. For information about all of our programs, visit our website at [www.southernswing-volleyball.com](http://www.southernswing-volleyball.com).**