

Volleyball Information

- All girls in grades 3 thru 8 are invited to participate. Our A-Team usually consists of girls in grades 6 thru 8; our B-Team usually consists of girls in grades 3 thru 5. However, girls may be moved around to match their level of play and experience. Both teams warm up together, do some drills together, and then split up on the two courts set up in our gym.
- Our A-Team coach is Shannon Gibbons (Emma Lyons' mom) and our B-Team coach is Mrs. Perry.
- Girls may participate in both soccer and volleyball, as the coaches do their best to coordinate practice and game times.
 - Soccer practices are held on Mondays & Wednesdays; Volleyball practices are held on Tuesdays & Fridays.
- Our volleyball season begins with practice on **Tuesday, September 11**, and runs thru the end of October.
- Your daughter can play for both the SPYA RAGE League & PLS Team, or just the PLS team.
 - We offer the RAGE league opportunity to add more game time for the girls (same coaches).
- The PLS Team:
 - Fee is \$12.00 - billed with November tuition.
 - Practices are on Tuesdays, from 4:30pm to 6:00pm and Fridays, from 3:30pm to 5:00pm (for both PLS & RAGE players.)
 - On Tuesday practices, players participating will be escorted to a study hall (at no charge) to work on homework until practice starts.
 - Packing an after school snack is strongly encouraged.
 - There will be three games against other Lutheran schools in our area for the PLS team players, as well as the TELSS Volleyball Tournament/Jamboree.
 - Home Game: Friday, September 21, 4:00pm
 - Home Game: Friday, September 28, 4:00pm
 - Away Game: Friday, October 5, 4:00pm @ Holy Trinity
 - TELSS Tournament/Jamboree @ Evergreen Lutheran High School: Saturday, October 27
 - The TELSS Tournament/Jamboree conflicts with RAGE, so we will have to figure that out when we know the exact times and locations of the RAGE games.
- RAGE League:
 - Fee is \$60.00 - checks payable to SPYA
 - Practices are on Tuesdays, from 4:30pm to 5:00pm and Fridays, from 3:30pm to 5:00pm (for both PLS & RAGE players.)
 - RAGE clinics and games are on Saturday mornings, throughout the month of October, at local public high schools.
 - Free RAGE clinic @ Puyallup High School: Saturday, September 22
 - Grades 3 thru 5: 9:00am to 10:30am
 - Grades 6 thru 8: 10:45am to 12:15pm
 - RAGE game times and locations TBD
 - The registration deadline for the SPYA RAGE League is **Saturday, September 22**, which is the second volleyball clinic opportunity for the girls.
 - RAGE registration forms/checks can be given to the school office **or** given directly to the RAGE staff at one of the Saturday clinics.
- Girls who are not sure yet about playing volleyball, are welcome to come to a couple practices to see what it is like. They can also participate in the free RAGE clinic listed above. (They not need to be registered for RAGE to participate in the clinic.) This clinic is offered by the high school volleyball team. The high school girls help direct the drills. Fun! No pressure! These are great for first time players! They show how to hit the ball correctly.
- Equipment/Uniform
 - Knee pads (available to purchase at the clinics for about \$8.00-\$10.00 or at sporting goods stores)
 - Athletic type shorts (not the tight short high school volleyball kind, but should not be too long)
 - Practices & Clinics: Any color shorts
 - Games: Black or dark blue short
 - T-Shirts
 - PLS Games: PLS T-Shirt
 - RAGE Games: RAGE T-Shirt
 - White socks for games
 - Water bottle for all practices, games, and clinics

If you have any questions about our volleyball program, please feel free to contact Mrs. Perry or Mrs. Enstad.