

## TC West 6<sup>th</sup> Grade Intramural Volleyball



We are proud to announce the upcoming 6<sup>th</sup> grade volleyball season! The season will start on Monday January 4<sup>th</sup> and run through the week of February 13<sup>th</sup>.

Lisa Placek, TC West Varsity Girls Head Coach will be directing the program with the assistance of the following coaches: Kate Heydlauff, Katherine Brege and Mike Murray.

The West High school girls volleyball players will be mentoring the program during the Saturday tournaments.

### Program Details:

- Meets 3/days a week for 6 weeks
- Mondays and Wednesdays 1:50 – 3:15 and Saturdays 9-11 am
- Cost: \$20 payable to “TCAPS”
- Permission slip required (staff has extra forms)

### Format:

- Monday/Wednesday: Skills and drills with some scrimmaging
- Saturday Tournaments will run from 9-11 am.
- Teams will be formed and we will play as many games as our time allows.
- Parents are welcome to come and watch.

### Purpose:

The purpose of intramural volleyball is first and foremost to encourage youth to be physically fit and to enjoy exercise, leading to lifelong love of activity. It is also to teach the fundamentals of the game so that all youth can enjoy the game of volleyball. For those who will choose to pursue an athletic high school career, the intramural program will reinforce concepts and skills to prepare them for the competitive world of Class A athletics. Lastly, the intramural program will teach sportsmanship, respect, and hopefully a love of volleyball.

### Contact Information:

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