



Volleyball League

Who: Local 5-8th grade girls

What: Girls volleyball league focusing on individual skill development, position training, team play, and speed & agility training.

When: January 23-March 25, 2023

Where: Hudsonville Christian and Unity Christian gyms

Purpose: The goal of the Cross-train volleyball league is to provide girls the opportunity to be encouraged in their faith while growing in their volleyball knowledge and skill set. Girls will be divided into teams with peers of similar skill level. Each team will have an experienced coach who will lead them through weekly devotions, drills targeted for fundamental skill development, position training, and team play. Position training will include setters, hitters/blockers, and defensive specialists.

Format: Evaluation dates are January 3rd and 5th. Weekly practices begin January 23. Matches are scheduled between 8am-1pm on March 4, 11, 18, and 25. Teams will play 1-2 matches each week on each of the first three Saturdays in March, tournament style play on March 25.

Questions: Contact crosstrainvb@gmail.com

Registration:

Early registration opens November 26th at 3:00pm. A \$20 late fee will be applied for those registering after December 31. Space is limited.

To register: **FIRST** go to [SignupGenius.com](https://www.signupgenius.com) and search for the signup using our email crosstrainvb@gmail.com or by following this link: <https://www.signupgenius.com/go/70A0B49ADA828A3F85-crosstrain3>. You will need ACCESS code: 2023. **THEN** paperwork and payment must be received within 10 days to hold your place in the league. Please make checks payable to Cross-Train Volleyball and send to 8148 36th Ave. Hudsonville.

Cost of the league:

\$125.00 (includes a t-shirt), add \$20 after 12/31/22

Please make checks payable to Cross-Train Volleyball and send to 8148 36th Ave. Hudsonville.

Cross-train Volleyball Registration:

Player Name: _____ School: _____

Grade: _____ Year(s) of experience: _____

Parent Names: _____

Parent e-mail: _____ Phone #: _____

T-shirt size: Youth Medium Youth Large

Adult small Adult medium Adult large Adult XL

Waiver of Liability and Disclaimer: I, the parent/guardian of the Applicant, acknowledge that participation in athletic events necessarily involves risk of physical injury. In consideration for Cross-train's acceptance of my proposed registration form for the Applicant, requesting the Applicant's voluntary participation in the Cross-train volleyball league. I hereby release, discharge and hold harmless Cross-train, and each of its coaches and representatives from any and all future legal claims arising out of the Applicant's participation in the Cross-Train league, including claims based on physical injury allegedly caused by the negligence of any coach during the league.

Parent signature: _____ Date: _____

Early registration November 26-December 26th. Space is limited.

\$125.00 (includes a t-shirt)

*A \$20 late fee will be applied for those registering after December 26.

Checks payable to Cross-train Volleyball. Email crosstrainvb@gmail.com with questions.

Frequently asked questions:

1. What is the value in playing in the Cross-train Volleyball league?

We offer girls the opportunity to learn and improve their volleyball skills in a Christ-centered environment. Our number one goal is to honor Christ and offer quality instruction within a balanced time frame for multiple sport athletes, families with busy schedules, or girls wanting to improve their fundamental skill set. Our focus is on skill development and improving overall knowledge of the game. Our goal is to build a strong foundation for girls hoping to play at the middle school and high school levels.

2. What is the focus during practices?

5th and 6th grade:

- To develop the core fundamental skills of passing, setting, hitting and serving (both underhand and overhand)
- Develop game strategy by working on the pass-set-hit approach before volleying the ball across the net
- Develop consistency of offensive and defensive transitions on the court
- Build confidence in moving to the ball
- Understand rules of the game

7th and 8th grade:

- To develop the core fundamental skills of passing, setting, hitting, blocking, and serving (strengthen overhand serve consistency and zone placement)
- Initiate position training for hitters/blockers, setters, and defensive specialists
- Introduction and development of team defense (primarily perimeter defense)
- Introduction and development of team offense and rotational play (5-1 and 6-2 offenses)
- Develop court awareness and strategic play (reading offenses and defense, anticipatory play)

4. What do evaluations look like and how are teams made?

Girls will be placed on teams of similar skill level. All players will be evaluated on January 3rd and 5th by a large team of coaches. Through a variety of drills and scrimmaging, players are evaluated on fundamental skills, knowledge of the game, serving ability (ability to serve at or near the end line using an overhand serve), and confidence and aggressiveness to the ball. The majority of 5/6th graders will practice from 5:30-7:15 and the majority of 7th/8th graders will practice from 7:15-9:15, some exceptions may occur.

5. What kind of coaching can we expect?

All of our core staff have played competitively at the high school or collegiate level. Practice plans are created by Coach Hope with input from team coaches.

6. What if I register then need to withdraw?

A refund will be granted prior to January 1st with the exception of a \$20 t-shirt fee.

7. What if the SignUpGenius registration form is full?

Please register on the wait list and we will accommodate as many as possible.

Schedule:

January 3 (Tuesday): evaluations (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

January 5 (Thursday): evaluations (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

January 23 (Monday): practice (West Gym)
5/6th 5:30-7:15pm 7th/8th 7:15-9:15pm

January 31 (Tuesday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

February 7 (Tuesday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

February 13 (Monday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

February 21 (Tuesday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

February 28 (Tuesday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

March 4 (Saturday): Matches 8-1pm (Unity Christian High School)
*Potential time change to 12-4pm dependent on Unity boys basketball

March 7 (Tuesday): practice (West Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

March 11 (Saturday): Matches 8-1pm (Unity Christian High School)
*Potential location change to West gym dependent on Unity boy basketball

March 14 (Tuesday): practice (Middle School North Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

March 18 (Saturday): Matches 8-1pm (Unity Christian High School)

March 21 (Tuesday): practice (Middle School North Gym)
5/6th 5:30-7:15pm 7/8th 7:15-9:15pm

March 25 (Saturday): Matches 8-1pm (Unity Christian High School)

*A schedule for Saturday match play will be determined once teams are selected.