



Volleyball League

Who: Local 5-8th grade girls

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

When: January 25-March 22, 2022

Where: Hudsonville Christian School gyms

Purpose: The Cross-train volleyball league provides girls the opportunity to improve their volleyball skills in a Christ-centered environment. 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, and defensive specialists.

Format: Weekly practices begin January 25, along with four Saturday match dates. Matches are scheduled between 8am-12pm on March 5, 12, 19, and 26.

5/6th grade teams play 1 match each Saturday, 7/8th grade teams may play up to 2 matches each Saturday.

Questions: Contact crosstrainvb@gmail.com

Registration:

Early registration opens December 4th 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-crosstrain2> . You will need ACCESS code: 2022. **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:

\$100.00 for 5th/6th grade students (includes a t-shirt), add \$20 after 12/31/21

\$125.00 for 7th/8th grade students (includes a t-shirt), add \$20 after 12/31/21

Cross-train Volleyball Registration:

Player Name: _____ School: _____

Grade level: _____ Year(s) of experience: _____

Parent(s) Name: _____

Parent e-mail: _____ Phone #: _____

T-shirt size:	Youth Medium	Youth Large	
	Adult small	Adult medium	Adult large

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 camp.

Parent signature: _____ Date: _____

Early registration December 4-31. Space is limited.
\$100.00 for 5th/6th grade students (includes a t-shirt)
\$125.00 for 7th/8th grade students (includes a t-shirt)
*A \$20 late fee will be applied for those registering after December 31.
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. *While match play is an important part of our season, the strength of this league is the number of repetitions and individual instruction players receive in our weekly practices.*

2. What is the focus of the 5th/6th grade league?

- 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.
- Understand rules of the game

3. What is the focus of the 7th/8th grade league?

- To develop the core fundamental skills of passing, setting, hitting, blocking, and serving (to transition from underhand to overhand/jump serving)
- Initiate position training for hitters, setters, and defensive specialists
- Introduction to team defense (primarily perimeter defense)
- Introduction and development of team offense and rotational play (5-1 and 6-2 offenses)

4. If my 5th/6th grade daughter is advanced in her volleyball skills, will she be allowed to play in the 7th/8th grade league?

All players will be evaluated in the first two weeks of practice and then divided into teams. While the majority of girls show a correlation between grade and level of skill development, exceptions may be made to advance a player if the core coaching staff, parents, and player agree.

5. What kind of coaching can we expect?

Our goal is to provide experienced coaches who love Jesus and love volleyball. All of our core staff have played competitively at the high school or collegiate level. We also have the privilege of having several Unity Varsity Volleyball players working with us.

6. What if I register then need to withdraw?

A refund will be granted prior to January 12th 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 25 (Tuesday): practice/evaluations (West Gym)
5/6th 5:30-7pm 7th/8th 7-9pm

February 1 (Tuesday): practice/evaluations (West Gym)
5/6th 5:30-7pm 7/8th 7-9pm

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

*February 14 (Monday): practice (West Gym)
5/6th 5:30-7pm 7/8th 7-9pm

February 22 (Tuesday): practice (West Gym)
5/6th 5:30-7pm 7/8th 7-9pm

March 1 (Tuesday): practice (West Gym)
5/6th 5:30-7pm 7/8th 7-9pm

March 5 (Saturday): Matches 8-12pm Location TBA

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

March 12 (Saturday): Matches 8-12pm Location TBA

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

March 19 (Saturday): Matches 8-12pm Location TBA

March 22 (Tuesday): practice (Middle School North Gym)
5/6th 6-7:30pm 7:30-9:30pm

March 26 (Saturday): Matches 8-12pm Location TBA

*Denotes change from original schedule

**Once teams are selected, you will be notified via email of your team assignment.

***Match times will be determined once teams are selected.