

INSIDE OUT VOLLEYBALL

Fall 2018 Middle School League

What is it?

The ISO Fall Middle School League is a 4 week inhouse league for 7th – 8th graders that has 7 play dates with instruction from ISO coaches and college players. All games take place at ISO Volleyball. This is intended as an introduction to club volleyball as the teams are made up of girls from many different schools. Each team is assigned 1-2 college players as their coaches.

We have used the Olympic theme for this where each team picks a country for their team name and then we get team shirts for each team in a color that represents that country.

The first Sunday we run everyone through a series of drills and then we select the teams. Our goal is to make even teams in order to have a competitive league. Teams will typically consist of 8-9 players each.

There will be some individual skill training but the majority of the instruction is team oriented. Individual skill training took place during our Fall Instructional Program that ends just prior to the Inhouse League.

We will allow 2 players to be placed together on a team but we will not form teams based on 4-6 girls that all want to be on the same team. We really want the girls to get used to playing with new people as that is what club volleyball is all about.

If you want to sign up you may either fill out this form and mail it to Inside Out or a better way is to go to the ISO website and you can register and pay online.

Where?

Inside Out Volleyball
3367 Hoyt Street
Muskegon, MI 49444

I. Middle School League (Grades 7-8):

DAY	TIME	START DATE	END DATE	Cost
Sunday & Wednesday	Sun. 4:00-6:00 pm Wed. 6:00-8:00 pm	10/21	11/11	\$110 for league includes t-shirt

QUESTIONS??? CALL (231) 739-3311

E-MAIL isovolleyball@gmail.com website: www.insideoutvolleyball.org

REGISTRATION INFORMATION

Players Name: _____ School: _____

Address: _____ Grade: _____

City, State, Zip: _____ Phone: _____

E-mail Address: _____

Form of payment: Cash Check Visa /MC / Discover Amount Enclosed \$ _____

Card # _____ Exp. Date _____

Signature _____ 3 Digit Code _____

No refunds given for missed sessions. If there is a doctor-substantiated injury, there will be a pro-rated credit given toward a future program