INSIDE OUT VOLLEYBALL

**Fall 2019 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. Depending on the number of teams that are formed we may split into 2 time slots each week so that each team is at ISO for 1.5 hours. If less teams are formed then it will be a 2 hour time block.

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 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

1. **Middle School League (Grades 7-8):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY** | **TIME** | **START DATE** | **END DATE** | **Cost** |
| **Sunday &****Wednesday**  | **Sun. 5:00-8:00 pm****Wed. 5:30-8:30 pm** | **10/20** | **11/13** | **$120 for league includes t-shirt** |

**QUESTIONS??? CALL (231) 739-3311**

**E-MAIL** **isovolleyball@gmail.com**[website:](http://www.insideoutvolleyball.org) [www.insideoutvolleyball.org](http://www.insideoutvolleyball.org)

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**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**