

# INSIDE OUT VOLLEYBALL

## 2018 Fall Instructional Program

### What is it?

Our Fall Instructional Program consists of two types of programs aimed at helping younger players learn the game of volleyball and middle school players getting ready for their upcoming school or club season. We start out with Fall Ball Training for grades 6-8 and Mini Ball Training for grades 2-5 which is a 6 week clinic series that focuses on individual fundamentals. Once that is done we shift over to a mini league for 7<sup>th</sup> – 8<sup>th</sup> graders that has 7 play dates with instruction from ISO coaches and college players. All games take place at ISO Volleyball.

### Where?

Inside Out Volleyball  
3367 Hoyt Street  
Muskegon, MI 49444

You may start up with Fall Ball or Mini Ball training at any time at a prorated cost. Missed sessions may be made up on other days but refunds are not given for missed sessions or injury. You may also attend individual session for \$20.00.

### Please call first!

#### **I. Fall Ball Training (Grades 6-8):**

DAY	TIME	START DATE	END DATE	Cost
Sunday	4:00-5:30 pm	9/9	10/14	\$100 for 6 sessions/ both days \$160
Wednesday	6:30-8:00 pm	9/12	10/17	\$100 for 6 sessions/ both days \$160

#### **II. Mini Ball Training (Grades 2-5):**

DAY	TIME	START DATE	END DATE	Cost
Sunday	4:00-5:30 pm	9/9	10/14	\$100 for 6 sessions

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

DAY	TIME	START DATE	END DATE	Cost
Sunday & Wednesday	4:00-6:00 pm 6:00-8:00 pm	10/21	11/14	\$110 for league includes t-shirt

## **Staff**

### **\*Rick Rykse**

- \*Inside Out Jrs Club Director & Master Coach
- \*Head Volleyball Coach at Muskegon Community College
- \*Head Volleyball Coach at Davenport University 2006-2009

### **\*Brooke Day**

- \*Assistant Volleyball Coach at Muskegon Community College
- \*Assistant Volleyball Coach at Coopersville High School in 2017
- \*Played at Muskegon Community College in 2015 & 2016

ISO Jrs Coaching Staff will also assist with training and coaching of teams.

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

**E-MAIL [isovolleyball@gmail.com](mailto:isovolleyball@gmail.com)**

[website: 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: \_\_\_\_\_

**Fall Instruction Program - Please check sessions attending:**

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#### **A. Fall Ball & Mini Ball**

##### **6<sup>th</sup>-8<sup>th</sup> grade : Fall Ball**

- \_\_\_ Sunday \$100
- \_\_\_ Wednesday \$100
- \_\_\_ Sundays & Wednesdays \$160

##### **2<sup>nd</sup>-5<sup>th</sup> grade: Mini Ball**

- \_\_\_ Sunday \$100 1 day/week

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#### **B. Middle School League**

##### **7<sup>th</sup>-8<sup>th</sup> Grade Middle School League**

- \_\_\_ Sundays and Wednesdays- \$110 includes t-shirt
- \_\_\_ T-shirt size (Adult Sizing)

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**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**