

2019 Fall League
Monday & Wednesday
September 16 – October 23

We have a HUGE turnout this season!

Practice schedule for **Monday, September 16 & Wednesday, September 18:**

5:00-7:00 All **12** year olds

7:00-9:00 All **13** age & up

The teams will be set and the schedules will be out by Wednesday, September 18 for all other dates.

Fall League is wonderful for girls of various skill levels. It is designed for the player who is physically strong enough to get the ball over the net who is looking to improve their volleyball basics. Because this is a local league, it is perfect for those who wish to continue to learn & challenge themselves or to get ready for the travel season.

Fundamentals are taught as players learn about each position. Individual girls will be divided into teams, based on the skill level & knowledge of the game or you can register with your own team of 8 players. Players are typically divided into 2-3 skill levels. One night will focus on skills and the other night will focus on team court awareness through controlled scrimmage/game play.

League meets twice a week for 2 hours each night (Monday & Wednesday) for 6 weeks with the RCS Fall break week off. **\$200 player**