



12-Under Program

Girls ages 7-12

Our eight-week program is designed for girls looking to learn the game, enjoy physical activity and have a ton of fun! Each week we will offer a variety of teaching, exercise and competition, specifically tailored to your child's skill level – gain tons of experience – **GREAT FOR FIRST-TIMERS!**

Three, eight-week sessions will be held at Eastman Business Park:

200 Ridge Rd. West, Bldg. 28, Rochester, NY / Mondays and Wednesdays, 5:00 p.m. - 6:30 p.m.

Session 1: November 9, 2009 - January 18, 2010

(Practice will not be held the weeks that school is not in session)

Session 2: January 25, 2010 - March 22, 2010

Session 3: March 29, 2010 - May 24, 2010

The first session each player participates in will cost **\$245**. Each session thereafter will be **\$150**.

First session cost includes:

- \$50 WEVA registration
- Two pairs of spandex
- Two numbered practice shirts
- One pair of kneepads

This program is structured in three, eight-week sessions across our courts and coaches. You can join and attend as many or as few of the consecutive sessions as you wish. Players participating in the full 24 weeks will be moved through the progression of the program, those attending for only eight weeks will receive the benefit of training at their level.

NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 SESSION 1 BEGINS	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	SESSION 2 BEGINS					

FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 SESSION 3 BEGINS	30	31			

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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Tentative Tournament
Schedule*

Tournament costs are additional and will be estimated prior to the tournament:

Feb. 27: Crystal City Classic
Corning, NY

Mar. 3: VFX Winter Challenge
Rochester, NY

Apr. 11: Regionals
Rochester, NY

Apr. 25: Xtreme Volleyball Club
Bloomfield, NY

May 15: WEVA Championship
Rochester, NY

May 29-31: East Coast Championships
Pittsburgh, PA

*Additional tournaments and play dates may be scheduled throughout the season.



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WEVA is our governing body. Registering with them before you start practice is a must!

1. Visit the WEVA home page, www.wevavolleyball.org, and click on 'Registration' on the left-hand side of the page.

2. If you're a new member, click on the box labeled 'First Time'. If you played with VFX last year, click on 'Renewing'.

3. Follow the prompts and fill out all fields. **Make sure you choose 'VolleyFX' as your club!!**

4. Print and fill out any forms and bring them with you Nov. 9th. You will NOT need to submit payment online. Your \$245 payment will cover your WEVA registration fee.



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Payment Due Dates

Session 1: Due November 9, 2009 - \$245

Session 2: Due January 25, 2010 - \$150 (\$245 if it is your first session)

Session 3: Due March 29, 2010 - \$150 (\$245 if it is your first session)

Payment Methods

Website: www.volleyfx.com via PayPal. Go to Resources - Club Payment

Mail Check: Send check to 160 Cedarwood Office Park, Fairport NY 14450