

2018-19 Sports Performance Volleyball Schedule

SAVE THE DATE!

SPVB Girls Tryouts

September 30, 2018 7th and 8th grade

*October 21, 2018 9th and 10th grade

*October 28, 2018 9th – 12th grade

*November 4, 2018 9th – 12th grade

*November 11, 2018 9th – 12th grade

**High school athletes should attend the first available tryout for their grade as soon as their high school season is over.*

For times go to www.greatlakescenter.com/spvbgirls

2018-19 Practice Schedule

Sports Performance 14's and 13's

Monday and Tuesday - 6:30 - 9:00 pm

Thursday - 6:00 pm conditioning / 7:00 - 9:30 pm practice

Sports Performance 15's - 18's

Monday - lifting for 17's and 18's

Wednesday and Thursday:

3:30 pm position training / 4:00 - 7:00 pm practice / TBA
Lifting Groups

Friday - 3:30 pm position training / 4:00 - 7:00 pm practice

When will practice begin?

7th and 8th grade – week of November 5, 2018

9th-12th grade – week of November 12, 2018

When is Winter Break?

7th and 8th grade - December 17th – January 1st

9th – 12th grade – December 15th – 26th

(All HS players will return for practice December 27th- 31st)

When is Spring Break?

*7th – 12th grade – March 18-29, 2019

NOTE: All teams attending the JVA World Challenge in Kentucky will come back early and practice Saturday, March 30 – Wednesday, April 3, 2019. We will depart on Thursday, April 4th and play will begin on Friday, April 5th.

The Sports Performance volleyball program is completely dedicated to providing its athletes with the technical, tactical and physical training to reach their highest possible potential. We will strive in every way possible to help each and every player regardless of age or ability to pursue excellence. The Sports Performance program is much more than just a volleyball club, it is a family!

What tournaments will the teams participate in?

GLPL, Recruit Me, GLC Presidents' Day, Showcase, Bluegrass, JVA World Challenge, JVA Elite Invite, NJC, Youth Festival, AAU National Championships and several local tournaments.....

www.greatlakescenter.com

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