

# GLCYA Age Breakdown

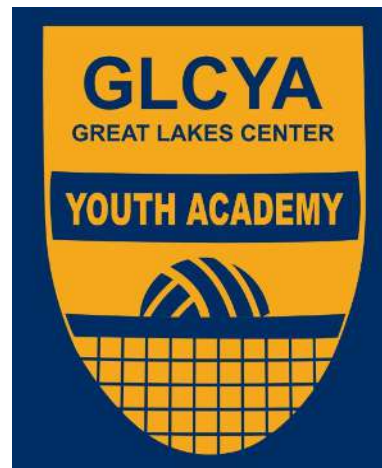
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\*\*Boys in 5-8th Grade should sign up through  
the SPVB Boys Middle School program

<https://greatlakescenter.com/spvb-boys-program/>

Visit the Volleyshop to purchase GLCYA apparel for the 2019-2020 season:

<http://volleyshopglc.com/teams/glcya/>





# GLCYA Volley Tikes and Volley Tots <sup>TM</sup>



**Volley Tikes: 3 years old through Kindergarten Co-Ed**  
**Volley Tots: 1st-2nd Grade Co-Ed**

**A motor development program centered around developing quickness, jumping, overall coordination & agility, hand-eye skills and throwing ability. The training takes place in a 60 minute program where the emphasis is on "FUNdamentals"**

<b>Session #1</b>	<b>Practice Day</b>	<b>Time</b>	<b>Cost (does not include t-shirt)</b>
Session #1M September 14th, 21st, 28th, October 5th and 12th	Monday	4:30 - 5:30 pm	\$70 / 5 week class
Session #1T September 15th, 22nd, 29th, October 6th and 13th	Tuesday	4:30 - 5:30 pm	\$70 / 5 week class

Register at <https://greatlakescenter.sportngin.com/register/form/670695905>

<b>Session #2/October</b>	<b>Practice Day</b>	<b>Time</b>	<b>Cost (does not include t-shirt)</b>
Session #2M October 26th, November 2nd, 9th, 16th and 23rd	Monday	4:30 - 5:30 pm	\$70 / 5 week class
Session #2T October 27th, November 3rd, 10th, 17th and 24th	Tuesday	4:30 - 5:30 pm	\$70 / 5 week class

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# GLCYA Level 1

3rd-4th Grade Co-Ed



At this level players begin to develop the foundation skills for volleyball including underhand passing, overhand passing, attacking and serving. Small sided drills and games are used to maximize high quality repetition. Competition is played on a smaller court with 3-4 players to ensure that all players develop proper fundamentals and movement skills while learning to play all positions. We want each player to learn each skill equally well and avoid any and all specialization at this age.

Session #1	Practice Day	Time	Cost (does not include apparel)
September 13th, 20th, 27th, October 4th and 11th	Sunday	1:00-2:30 pm	\$95 / 5 week class
September 14th, 21st, 28th, October 5th and 12th	Monday	4:00-5:30 pm	\$95 / 5 week class
September 15th, 22nd, 29th, October 6th and 13th	Tuesday	4:00-5:30 pm	\$95 / 5 week class

Register at <https://greatlakescenter.sportngin.com/register/form/670695905>

Session #2	Practice Day	Time	Cost (does not include apparel)
October 25th November 1st, 8th, 15th and 22nd	Sunday	12:00-1:30 pm	\$95 / 5 week class
October 26th, November 2nd, 9th, 16th and 23rd	Monday	5:30-7:30 pm	\$95 / 5 week class
October 27th, November 3rd, 10th, 17th and 24th	Tuesday	5:30-7:30 pm	\$95 / 5 week class

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## GLCYA Level 2

5th-6th Grade Girls



This is the level where repetitive skill training begins to reinforce muscle memory so players can begin to execute and repeat skills at an elite level. Players at this level will play in a 6 vs. 6 competitive environment as they work to master ball control, setting and attacking skills.

Session #1	Practice Day	Time	Cost (does not include apparel)
September 13th, 20th, 27th, October 4th, 11th, 18th, 25th, November 1st, 8th and 15th	Sunday	2:30-4:30 pm	\$250 / 10 week class
September 14th, 21st, 28th, October 5th, 12th, 19th, 26th, November 2nd, 9th and 16th	Monday	5:30-7:30 pm	\$250 / 10 week class
September 14th, 21st, 28th, October 5th, 12th, 19th, 26th, November 2nd, 9th and 16th	Tuesday	5:30-7:30 pm	\$250 / 10 week class

Register at <https://greatlakescenter.sportngin.com/register/form/670695905>

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