

# 2009 ST. LOUIS CYC VOLLEYBALL CLUB 10 & UNDER INSTRUCTIONAL PROGRAM



- Coaches: John Crotty, Ryan Harris, Lisa Jonak, Chris Lotz, Chri Mahl, Buzz Swanston, Genie Swanston, Becky Trousil, Suzanne Watson, Paul Woodward
- Day: Tuesdays
- Start date: January 13, 2009
- End date: March 17, 2009 (10-week program plus participation in 10-U Gateway Regional tournament)
- Time: 4:15 p.m. – 6:15 p.m.
- Location: Kirkwood Community Center, 111 S. Geyer Rd., 63122
- Who: Approximately 40 girls (**must be born on or after Sept. 1, 1998**)
- Cost: \$185.00 (due at registration on Oct. 28, 2008) covers the following:
- 20+ hours of instruction
  - Gym rental
  - One uniform shirt
  - USAV individual registration
  - Coaches' USAV registrations and background screens
  - Administrative fee (postage, copies, paper, etc.)
  - Equipment fee (volleyballs, ball carts, first aid kits, etc.)
  - Entry fee to 10-U Gateway Regional tournament on March 29, 2009 at Forest Park College

## **St. Louis CYC Volleyball Club Philosophy**

***Our goal is to help each athlete reach his or her fullest potential both on and off the court. The focus will be on teaching correct volleyball techniques, individual skill development, and being competitive while maintaining a strong sense of sportsmanship. The players will receive instruction in basic, as well as advanced volleyball strategies. With a low player per coach ratio, these young athletes receive lots of attention. We will provide a positive environment, helping the players to develop self-confidence, teamwork, and respect for their coaches and fellow athletes.***

Tryouts for our 10 & under program will be held on **Sunday, October 26, 2008 from 10:30 a.m. – 12:30 p.m. at Forest Park College Gym**. The tryout fee is \$10.00 per participant. We encourage you to use our online registration for tryouts. It is not a requirement, but will save you time on the day of the tryout. Visit our web page [www.stlouiscycvball.org](http://www.stlouiscycvball.org) for details on the registration process and directions to the tryout location. At tryouts the players will be evaluated by participating in some basic skill and agility drills. Due to limited space in the program, tryouts are a necessity. Previous volleyball experience is helpful but not a requirement. The St. Louis CYC Volleyball Club is a non-denominational organization. We encourage interested girls from all religious and ethnic backgrounds to attend our tryouts.

If your daughter is invited to participate in our 10-U program, you will receive a phone call no later than Sunday evening, October 26, 2008. Registration night will be Tuesday, October 28, 2008 at 6:30 p.m. in the Cardinal Rigali Center, 20 Archbishop May Drive (63119). Enter through the main front doors and go down the steps to the dining hall. Registration details will be provided at the tryout.

This is the twelfth year St. Louis CYC Volleyball is offering the popular 10 & under instructional program. We are pleased with the success and positive feedback from previous groups. The players have fun while learning. Please call John Crotty (636-225-7420) or Kathy Harris (314-270-3343) if you have additional questions.

Visit our web page for details and online tryout registration: [www.stlouiscycvball.org](http://www.stlouiscycvball.org)