

GRADES 7-11, JO VOLLEYBALL

# HOLDINGFORD HEAT 2023

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## ***MISSION***

Our mission for Holdingford Heat JO Volleyball is to provide a competitive program in which players at each level will develop and grow as athletes. Our goal is to provide the best JO experience for all participants. . This year, we will be partnering with NCR and USAV in order to increase opportunities for our teams.

## ***TRYOUTS***

Tryouts will be held on **Sunday, November 20 in the High School Gym**

**Grades 7-8:** 3:00-5:00pm - **Grades 9-11:** 5:30-7:30pm

All players will be placed on a team. Teams will be divided according to: age, athletic ability in volleyball, position, and ability to be coached. Players will be placed on a team in which they will receive the most playing time and the most opportunity to learn/grow as an athlete.

## ***SEASON SCHEDULE***

The season will begin in January and end in April or May, depending on the team's tournament schedule. The first practice will be held promptly after the holiday/winter break. All teams will practice on Sundays with an additional weeknight practice. Each team will compete in 5-6 tournaments throughout the season. **Players will be given a practice and tournament schedule at the start of the season so families and players can plan accordingly.**

## ***MULTI-SPORT ATHLETES***

We encourage athletes to be in multiple sports and activities. Therefore, we provide a program to accommodate all athletes, including those who are in multiple activities. In order to do this, we strategically schedule around other school activity schedules. Practices and many tournaments will take place on Sundays. We also emphasize that school and school activities should take priority over JO. If a player must miss practice due to a scheduling conflict, she will be exempt.

## ***COST***

We are working hard to find ways to keep the cost down for our program in order to make it affordable for all families. Currently, the cost to participate ranges between \$275-\$300. Additionally, players will need to pay a \$55 NCR/USAV Membership fee. The final cost will be determined after teams are divided. We will also be providing a fundraiser for players who want to raise money to go toward their individual fee.

## ***REGISTER***

To register for tryouts, please visit the Community Ed website.

*>Community Education >Youth Athletics, >JO Volleyball Tryouts*

After tryouts, when teams are divided, we will take care of additional registration and fees.

## ***CONTACT***

For any questions regarding JO Volleyball, please contact Maria Harren.

Email: [mkslivnik@gmail.com](mailto:mkslivnik@gmail.com)

Cell: 320-241-3668



SCAN TO REGISTER!