INSIDE OUT VOLLEYBALL

**2023 Fall Instructional Program**

**What is it?**

Our Fall Instructional Program consists of two types of programs aimed at helping younger players learn the game of volleyball and middle school players getting ready for their upcoming school or club season. We start out with Fall Ball Training for grades 6-8 and Mini Ball Training for grades 2-5 which is a 5 week clinic series that focuses on individual fundamentals. Once that is done we shift over to a mini league for 7th – 8th graders that has 7 play dates with instruction from ISO coaches and college players. Emphasis is on team play, not individual fundamentals during the league. All games take place at ISO Volleyball.

**Where?**

Inside Out Volleyball

3367 Hoyt Street

Muskegon, MI 49444

You may start up with Fall Ball or Mini Ball training at any time at a prorated cost. Missed sessions may be made up on other days but refunds are not given for missed sessions or injury. You may also attend an individual session for $25.00.

1. **Fall Ball Training (Grades 6-8): For Girls & Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY** | **TIME** | **START DATE** | **END DATE** | **Cost** |
| **Sunday** | **5:00-6:30 pm** | **9/10** | **10/8** | **$100 for 5 sessions/**  **both days $170** |
| **Wednesday** | **6:30-8:00 pm** | **9/13** | **10/11** | **$100 for 5 sessions/**  **both days $170** |

1. **Mini Ball Training (Grades 2-5): For Girls & Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY** | **TIME** | **START DATE** | **END DATE** | **Cost** |
| **Sunday** | **5:00-6:30 pm** | **9/10** | **10/8** | **$100 for 5 sessions/**  **both days $170** |
| **Wednesday** | **6:30-8:00 pm** | **9/13** | **10/11** | **$100 for 5 sessions/**  **both days $170** |

1. **Middle School League (Grades 7-8): Girls only**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY** | **TIME** | **START DATE** | **END DATE** | **Cost** |
| **Sundays &** | **5:00-8:00 pm** | **10/15** |  | **$130 for league includes t-shirt** |
| **Wednesdays** | **5:30-8:30 pm** |  | **11/8** |  |

\****1st Sunday is from 5:00-7:00 (for team placement)***

**\*each team plays for 1.5 hours each play date (either early or late session)**

**Staff**

**\*Rick Rykse**

\*Inside Out Jrs Club Director & Master Coach

\*Head Volleyball Coach at Muskegon Community College (14th Year)

\*Head Volleyball Coach at Davenport University 2006-2009

\***Lindsey Balcom**

\*Assistant Volleyball Coach at Muskegon Community College

\*MPVA Top Ranked Pro Beach Volleyball Player

\*Played at MCC and Aquinas College

\***Sam Nestell**

\*Head Coach at Ravenna High School

\*Inside Out Jrs 14 Black Coach

\*Played at Lincoln Memorial University

ISO Jrs Coaching Staff & players will also assist with coaching of teams.

**QUESTIONS??? CALL (231) 739-3311**

**E-MAIL isovolleyball@gmail.com**

[website:](http://www.insideoutvolleyball.org) [www.insideoutvolleyball.org](http://www.insideoutvolleyball.org)

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**REGISTRATION INFORMATION**

Players Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fall Instruction Program - Please check sessions attending:**

## Fall Ball & Mini Ball

**6th-8th grade : Fall Ball**

\_\_\_\_Sunday $100

\_\_\_\_ Wednesday $100

\_\_\_\_ Sundays & Wednesdays $170

**2nd-5th grade: Mini Ball**

\_\_\_\_Sunday $100

\_\_\_\_ Wednesday $100

\_\_\_\_ Sundays & Wednesdays $170

1. **Middle School League**

**7th-8th Grade Middle School League**

\_\_\_\_ Sundays and Wednesdays- $130 (includes t-shirt) \_\_\_\_ T-shirt size (Adult Sizing)

***Form of payment:*** *Cash Check Visa /MC / Discover Amount Enclosed $\_\_\_\_\_\_\_\_\_\_*

*Card # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exp. Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3 Digit Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**No refunds given for missed sessions. If there is a doctor-substantiated injury, there will be a pro-rated credit given toward a future program**