

Summer Offerings Girls Indoor Volleyball @ LAVA SOUTH VBC

LAVA SOUTH VOLLEYBALL CLUB - STUDIO CITY, CA



LAVA SOUTH = VOLLEYBALL

The long-running club volleyball program of LAVA South is poised for great things in the summer of 2018 and the club season beyond with Director Sheldon Sheehy and the vast majority of his excellent coaches returning for the coming year, not to mention some new and exciting faces ready to coach the talented South athletes.

15's-18's Club Tryouts ... Aug 04 (Sat)

Club Tryouts for Travel Teams @ LAVA South

LAVA South offers many full travel and limited travel club team options for girls ages 10-18. Club team tryouts for girls grades 9-12 (15's-18's age divisions) opens on **Saturday, August 04** (actual season runs Dec-Jun). 11's-14's age division tryouts open early October (for girls grades 4-8, season runs Nov-Jun). Club tryouts details as follow:

August 04 @ Oakwood School

8:30a-10:00a ... 17's/18's Age Group

10:30a-12:00p ... 15's Age Group

12:30p-2:00p ... 16's Age Group

For more info and to pre-register online, visit lava-girls.com/tryouts.

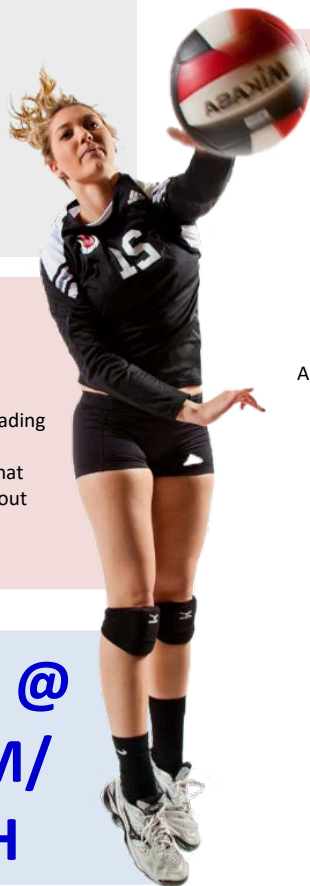
Pre-Tryout Clinics @ LAVA South

August 2018 — For Girls Grades 9-12

Sept 2018 — For Girls Grades 4-8

LAVA South offers Pre-Tryout Clinics to hone skills leading up to tryouts, first in August for 15's-18's and then September for 11's-14's. It is highly recommended that prospective athletes attend these clinics. For pre-tryout clinic details and to sign up online, visit lava-girls.com/pre-tryout-clinics-south.

**SIGN UP ONLINE @
LAVA-GIRLS.COM/
SUMMER-SOUTH**



PROGRAM OFFERINGS (SEASONAL)

Lava Lite Youth Program ... For Rising Grades 03-06

Our popular Lite Program gives a taste of volleyball in a friendly environment; basic skills and fun! Full session sign up or choose specific days.

Lava Lite ... Girls Rising Grades 03-06 ... Saturdays 9:00a-10:30a @ Oakwood School
#Crt 01 – Beg/Int • #Crt 02 – Int/Adv • June 09 – July 21 (6 prax*) • \$95
**No June 23 practice, instead Sun June 24 @ Providence School, 12:00p-1:30p.*

Lava Juniors Program ... For Rising Grades 07-09

Lava Juniors is the next step up from Lite, with more game-like play plus lots of skills training. Full session or choose specific days.

Lava Juniors ... Girls Rising Grades 07-09 ... Saturdays 10:30a-12:00p @ Oakwood School
#Crt 01 – Beg/Int • #Crt 02 – Int/Adv • June 09 – July 21 (6 prax*) • \$95
**No June 23 practice, instead Sun June 24 @ Providence School, 1:30p-3:00p.*

SUMMER-SPECIFIC OFFERINGS

Bi-Weekly Workshops ... For Rising Grades 06-10

Bi-Weekly Workshops cover a range of skills with new drills each week. Mondays & Tuesdays @ Oakwood. Cost is \$30 per workshop (two practices). 4:30p-6:00p (6th-8th graders) & 6p-7:30p (9th-10th graders).

#1 - Monday 7/9 & Tuesday 7/10 ... #2 - Monday 7/16 & Tuesday 7/17
#3 - Monday 7/23 & Tuesday 7/24 ... #4 - Monday 8/6 & Tuesday 8/7

**No 9th-10th grade workshop on 8/6-8/7.*

'New to Travel Team' Workshop Mini-Series

A transitional workshop mini-series for athletes from our Lite/Juniors programs to learn more about competitive elements of volleyball, including rotations, substitutions, serve receive patterns, defensive schemes, etc. Focus will be on these elements in larger measure than fundamental skills.

For Girls Rising Grades 06-08 ... Mondays in August @ Oakwood School
Mon 8/13 • Mon 8/20 • Mon 8/27 • 5:00p-6:30p • \$10

Have Questions?

Please contact our South Director Sheldon Sheehy!
(cell) 818-419-1332 (email) sheldon.sheehy@lavacademy.com

Location Details

Oakwood School, 11600 Magnolia Street, Studio City, CA
Providence HS, 511 South Buena Vista St, Burbank, CA

SOUTH
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