

# Jr Ram

## GIRLS VOLLEYBALL LEAGUE

Registration is accepted until 1:00 pm on August 25th @ the Monroe City Office

**\*NO ACCEPTIONS\***

Accepting participants 3rd -8th grade

Cost: \$40 per girl

Games will begin September 5th and end October 10 for 5th-8th

3rd-4th grade practice/games will begin on September 11th and end October 16th

\_\_\_\_\_  
Players Name

\_\_\_\_\_  
Grade for 2023 school year

\_\_\_\_\_  
Age

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Address

Can we text you?    Yes        No

T-shirt Size (circle one)    YS   YM   YL   AS   AM   AL

I/we the parent/s of the above named player give our approval of her participation in any and all of the activities during the current volleyball season. I/we do assume all risks and hazards incidental to the conduct of the activities, transportation to and from the activity and I/we do further release, absolve, indemnify and hold harmless the supervisors, coaches, and parent helpers and/or all of them. In case of injury to my/our child, I/we do hereby waive all claims against the organization and organizers, or any supervisors appointment by them. The Jr Ram Girls Volleyball League does carry limited liability insurance.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Please print name

**This league can only run if we have parent volunteers that will donate their time. If you are interested in volunteering please sign up below.**

\_\_\_\_\_  
Name of volunteer for coaching a team

\_\_\_\_\_  
Phone Number

**PLEASE READ THE OTHER SIDE**

## League Information

### 3rd - 4th grade League

This is an instructional league. The girls will practice and play one day a week. There will be 40 minutes of instruction on passing, serving and other basic volleyball skills and 20 minutes of playing time with another team. The teams will be made up of 3rd and 4th grade girls. Girls will play with a Volleyleite ball and on a shorter net.

Practice/game will be on Mondays from 5:00-6:00 starting September 11th and ending October 16th.

### 5th-6th grade League

This league will have one practice and one game per week. Your coach will call with the practice time. The teams will be made up of 5th and 6th grade girls. During practice girls will learn passing, setting, serving and other basic volleyball skills. Girls will play on a shorter net and can move up the serve. As they get better at serving, we will continue to move them back. Each match will consist of 2 sets to 25 with a cap at 27 and 3rd set to 15, cap at 17.

Practices are to be announced and GAMES will be on Tuesday starting September 5th-October 10th.

### 7th-8th grade League

This league will have one practice and one game per week. Your coach will call with the practice time soon. The teams will be made up of 7th and 8th grade girls. During practice girls will learn passing, setting, serving, rotation and other volleyball skills. Girls will play on a standard net and can move up the serve if needed. As they get better at serving, we will continue to move them back. For 7th and 8th grade we will follow high school rules. Each match will consist of 2 sets to 25 with a cap at 27 and 3rd set to 15, cap at 17.

Practices are to be announced and GAMES will be on Tuesday starting September 5th-October 10th.

This league is for building volleyball skills and for the girls to learn to love the game of volleyball. It will be a fun, encouraging and positive environment.