



GIRLS VOLLEYBALL TRAINING, AGES 9, 10, 11 (GRADES 4 AND 5)

WHO: girls ages 9, 10, 11 in grades 4 and 5

WHERE: Belleville West High School & O'Fallon High School

WHEN:	11-Feb	Wed	6-7:30pm, BTHS West North Balcony Gym
	14-Feb	Sat	10:00-12:00noon, BTHS West North Balcony Gym
	18-Feb	Wed	6-7:30pm, BTHS West North Balcony Gym
	21-Feb	Sat	tba @ OTHS
	25-Feb	Wed	6-7:30pm, BTHS West North Balcony Gym
	28-Feb	Sat	10:00-12:00noon, BTHS West North Balcony Gym
	4-Mar	Wed	6-7:30pm, BTHS West North Balcony Gym (tentative)
	11-Mar	Wed	6-7:30pm, BTHS West North Balcony Gym (tentative)

INCLUDES: volleyball uniform t-shirt and shorts and 8 training sessions

COACHES: Lynn Zika Weidenbenner, Asst. Dir. of Southern Heat VBC & Asst. Coach O'Fallon High School
Kim Forcade, Director of Southern Heat VBC
Erin Legendre, Head Coach O'Fallon High School
(for more information about coaches see club website www.southernheatvbc.com)

COST: \$80.00/player

name:
grade:
school:
address:
city:
state:
zip:
email:
home phone:
cell phone:

Send this form and \$80.00 to: Kim Forcade
Director, Southern Heat VBC
3950 Little Rock Lane
Belleville, IL 62220