# LINCOLN XTREME



### Volleyball Club 2010





Club volleyball develops individual skills and team concepts. Our goal is to teach fundamentals to increase your child's individual skill levels, work ethic and to learn the game of volleyball.

## Please pick up forms and register at LCHS gym on March 7, 2010 from 1-3 p.m. Before their practice begins!

10 and Under 1st through 4th Grades \$85 (includes AAU fees and t-shirt)

#### **Possible Tournament Dates:**

March 27th @ LCU April 10th @ LCU April 24th @ LCU May 1st @ LCU May 8th @ LCU

#### **Practice Dates and Times:**

Sunday March 7th 1:30-2:30 Sunday March 14th 1:30-2:30 Sunday March 21st 1:30-2:30 Sunday March 28th 1:30-2:30 Sunday April 11th 1:30-2:30 Sunday April 18th 1:30-2:30 Sunday April 25th 1:30-2:30 Sunday May 1st (possibly) 1:30-2:30 12 and Under 5th and 6th grades \$160 (includes AAU fees and t-shirt)

#### **Possible Tournament Dates:**

March 27th @ LCU April 10th @ LCU April 24th @ LCU May 1st @ LCU May 8th @ LCU

#### **Practice Dates and Times:**

Sunday March 7th 2:30-4:30 Sunday March 14th 2:30-4:30 Sunday March 21st 2:30-4:30 Sunday March 28th 2:30-4:30 Sunday April 11th 2:30-4:30 Sunday April 18th 2:30-4:30 Sunday April 25th 2:30-4:30 Sunday May 1st (possibly) 2:30-4:30 14 and Under 7th and 8th Grades \$160 (includes AAU fees and t-shirt)

#### Possible Tournament Dates:

March 26th @ LCU April 9th @ LCU April 23rd @ LCU April 30th @ LCU May 7th @ LCU

#### **Practice Dates and Times:**

Sunday March 7th 2:30-4:30 Sunday March 14th 2:30-4:30 Sunday March 21st 2:30-4:30 Sunday March 28th 2:30-4:30 Sunday April 11th 2:30-4:30 Sunday April 18th 2:30-4:30 Sunday April 25th 2:30-4:30 Sunday May 1st (possibly) 2:30-4:30

Note: You must be done with your IESA season before you can practice with Lincoln Xtreme. Please register early then attend practice when your school season is over.

All players need to come on March 7th between 1-3 to register. The girls will have practice as well on Sunday March 7th. Please note above the times. We made registration available to be completed in time before practice begins.

For more information please contact Danielle Lora @ 217-737-6686 or Dawn Crawford @ 217- 737-9031

For tournaments, all players must wear the uniform t-shirt, black spandex, white kneepads, and supportive tennis shoes.

Tournaments will be played in Lincoln at Lincoln Christian University.