



South Bay Volleyball Club is dedicated to providing an environment where an athlete can grow as a player and person. The skills taught and the commitment required will enable the individual player to reach personal goals and help the team reach its potential.

Larry Smoot has served as head coach for almost 25 years. In that time, South Bay has earned a national reputation for producing quality players and people. More than 170 athletes have gone on to compete at the collegiate level. Our staff consists of some of the most talented coaches in the area and is committed to providing the best learning environment.

BOYS - 14 & UNDER INFO SHEET (5th - 8th Graders)

PRACTICES:

Two nights a week on Tuesday, Wednesday and/or Thursday from approximately 5:15-7:00pm. The monthly calendar will show exact practice times and dates.

For the month of September and October, teams will practice once a week on Saturdays. In December, the teams will begin the twice a week trainings as listed above. Practices run through June 16th.

Prime Athletes is a plyometric workout program held at our gym after practice. It will be available to all boys' players and we encourage them to participate. The workouts will be held after practices for 45 minutes. The cost is an additional \$375 and runs from January through June.

All practices are held at the Home Depot Center Velodrome, Carson

TOURNAMENTS:

SCVA Tournaments: Teams will play in all the SCVA Qualifying and Points tournaments as well as the Boys Holiday Classic, Junior Boys Invitational and Junior Boys Classic. Tournament sites are in the greater LA/OC areas and are posted at www.scvavolleyball.org the week prior to the tournament. The season ends with the Boys Classic on June 20th.

End of Season Tournament: The boys' teams will not compete at the Junior Nationals tournament.

*****ALL PRACTICES AND TOURNAMENTS ARE MANDATORY*****

REGISTRATION

Once you have verbally committed to South Bay VBC, a \$500 deposit will be required within 3 days to hold your spot. The deposit becomes non-refundable after the commitment date September 20th. Go to www.southbayvbc.com, click on the Registration link on the home page, and follow the screens to register. You can make the \$500 payment with a credit card online or by mailing in a check.

There will be a mandatory parent meeting Saturday, September 25th at 9:00 a.m. at the Velodrome. Practice will follow immediately after the meeting.

Boys Fees

2010-2011 South Bay VBC Program fees	\$2100
This includes:	
<ul style="list-style-type: none">• Program instructors/coaches• 2 Practice t-shirts, 2 Asics jerseys, 2 Asics shorts, Asics sweat top, Asics sweat pants, 2 pairs of socks• SCVA Qualifying and Points Tournaments• Holiday Classic, Boys Invitational and Boy's Classic	
TOTAL FEES	\$2100
 Prime Athletes Conditioning 2x/week for 6 months (optional)	 \$385