



# Lefthand Volleyball Club

## Parent Information 2009

Welcome to season 6 of Lefthand Volleyball Club. Our mission is to provide a quality youth volleyball program for girls in and around Longmont. We strive to create a healthy and cohesive team environment for each player where they can enhance their volleyball skills with quality coaching and leadership. Each girl is encouraged and mentored to reach their highest potential as a volleyball player and a teammate.

**Costs:** We strive to keep costs low while providing a quality program. We *estimate\** that the cost for the 2009 season will be \$1400 per participant for the U14, U15 & U16 teams, \$1800 for the U17 team. \*All budgets are created with 9 players in mind, so if a team has less an adjustment may be made to cover all costs. Also, no one can predict that rising costs of airfare and hotels.

A non-refundable deposit of \$500 will be due on the first day of practice. If paid in full at this time, you will receive a 5% discount.

A \$300 payment will be due on January 30, 2009.

The remaining balance will be February 15, 2009.

Tuition covers the cost of coaching, gym rental, equipment, tournament entry fees, and uniforms. Colorado Crossroads tournament and lodging in Denver for the weekend. Tuition does not include nutrition/hydration or additional travel.

### **Contact Information:**

Head Coaches	Phone	E-mail Address
U14 – Rebecca Adler	303-827-5887	rebecca@lefthandvolleyball.com
U15 – Krista Hjelm	303-717-9832	krista@lefthandvolleyball.co
U16 – Todd Calvin	303-817-3722	todd@lefthandvolleyball.com
U17 – Dana Cernak	303-776-1341	dana@lefthandvolleyball.com
Director		
Vanessa Haas	303-523-8689	vanessa@lefthandvolleyball.com

### **Organization Websites:**

Lefthand Volleyball Club: [www.lefthandvolleyball.com](http://www.lefthandvolleyball.com)

RMR Volleyball: [www.rmrvolleyball.org](http://www.rmrvolleyball.org)

**Practice Times:** Practice begins the week of Nov 10th at the Longmont Athletic Club, North.

Team	Day, Time, and Place
U14 & U15	Wed - 7:15 to 9:15; Fri – 6:30 to 8:30
U16 & U17	Tues and Thurs – 6:00 to 9:00
All Teams	Saturdays Nov 15, Nov 22, Dec 6, Dec 13 & Dec. 20, 8:00 - 11:00am Dec. 30 6-9pm and Jan. 3 12-2:30

### **Tournament Schedules:**

<b><i>U14 &amp; U16* Tournament Schedule</i></b>	<b><i>Date</i></b>
Friendship all teams	January 4
Power Tournament #1	January 11
Power Tournament #2	February 1
Picante Presidente, New Mexico*	February 14 - 15
Power Tournament #3	February 22
Power Tournament #4	March 8
Colorado Crossroads Denver	March 14 - 16
Power Tournament #5	March 29
Show Me National Qualifier, Kansas City, MO*	April 2 - 5
Regional Tournament	April 19

<b><i>U15** &amp; U17* Tournament Schedule</i></b>	<b><i>Date</i></b>
Friendship all teams	January 4
Power Tournament #1	January 25
Power Tournament #2	February 8
Picante Presidente, NM** - Greeley Showdown*	February 14 - 16
Power Tournament #3	March 1
Power Tournament #4	March 8
Colorado Crossroads Denver**	March 14 - 16
Colorado Crossroads Denver*	March 20 - 22
Power Tournament #5	April 5
Northern Lights National Qualifier, MN*	April 16 - 19
Regional Tournament	April 26
Out of State Tournament	TBA

The location of each tournament will not be available until approximately 5 days prior to the tournament. Tournament locations can be found at [www.rmrvolleyball.org](http://www.rmrvolleyball.org).

Coaches/team parent will inform you of tournament locations as soon as they know. For Colorado Springs tournaments, we usually travel the night before and stay in a hotel. This is not a requirement; however, each player must be at the tournament between 7:00 and 7:30 am.

**Note:** Travel costs are not included in the price of club membership.

There is also a possibility that additional tournaments will be added. This will depend on the availability of coaches and players. If additional tournaments are added to the schedule, an extra fee will be required from each player to cover the entrance fee, travel and hotel.

We look forward to another successful season with Lefthand VBC!