



# Lefthand Volleyball Club

Parent Information 2010

Welcome to season seven 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 2010 season will be \$1600 per participant. \*All budgets are created with 9 players in mind, so if a team has less an adjustment may be made to cover all costs.

A non-refundable deposit of \$500 will be due on or before November 7, 2009. (Mandatory player and parent meeting at LAC, 8 – 10am)

A \$500 payment will be due on January 15, 2010.

The remaining balance is due no later than February 15, 2010.

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 for Northern Lights in Minnesota & hotel. There is an additional cost for airfare to Minnesota, all players will fly. Parents are welcome to attend. Tuition does not include nutrition/hydration or additional travel.

## **Contact Information:**

<b>Head Coaches</b>	<b>Phone</b>	<b>E-mail Address</b>
U15 Green – Rebecca Adler	303-827-5887	rebecca@lefthandvolleyball.com
U15 Blue – TBA	303-772-5699	info@lefthandvolleyball.com
U16 – Krista Hjelm	303-717-9832	krista@lefthandvolleyball.com
U17 – Todd Calvin	303-817-3722	todd@lefthandvolleyball.com
<b>Director</b>		
Vanessa Haas	303-772-5699	vanessa@lefthandvolleyball.com

**Practice Times:** Practice begins Nov 7th at the Longmont Athletic Club, North.

<b>Team</b>	<b>Day, Time, and Place</b>
<b>U15G &amp; U16</b>	Tuesdays and Thursdays 6:30 to 8:30PM
<b>U15B &amp; U17</b>	Tuesdays and Thursdays 7:15 to 9:15PM
<b>U15G &amp; U16</b>	NO LIMITS Wednesdays 5:30 – 6:30PM
<b>U15B &amp; U17</b>	NO LIMITS Thursdays 5:30 – 6:30PM
<b>All Club</b>	Saturdays November 7 – December 19, 8 – 10AM

**Tournament Schedules:**

<b>U15Green/Blue U17's Tournament Schedule</b>	<b>Date</b>
Friendship all teams	January 3
Power Tournament #1	January 10
Power Tournament #2	January 31
Greeley Showdown	February 13 - 15
Power Tournament #3	February 21
Colorado Crossroads Denver (U15G & B)	February 27 – March 1
Colorado Crossroads Denver (U17)	March 6 - 8
Power Tournament #4	March 21
Power Tournament #5	April 11
Northern Lights National Q, Minneapolis, MN	April 15 – 18(15's ONLY)
Regional Tournament	April 25
Club Banquet	May 8

<b>U16 Tournament Schedule</b>	<b>Date</b>
Friendship all teams	January 3
Power Tournament #1	January 24
Power Tournament #2	February 7
Greeley Showdown*	February 13 - 15
Colorado Crossroads Denver**	February 27 – March 1
Power Tournament #3	March 14
Power Tournament #4	March 28
Power Tournament #5	April 18
Northern Lights National Q, Minneapolis, MN	April 23-25
Regional Tournament	May 2
Club Banquet	May 8

The location of each tournament will not be available until approximately 3 to 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. If your team qualifies for national tournaments it is mandatory that we attend.

We look forward to another successful season with Lefthand VBC!

**Organization Websites:**

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

Crossroads National Qualifier: [www.coloradocrossroads.org](http://www.coloradocrossroads.org)

Northern Lights National Qualifier: [www.midwestvolleyball.com](http://www.midwestvolleyball.com)

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