



507/454-1520



YVOLLEYBALL™

We build strong kids, strong families, strong communities.

League Play

▶ The Winona Family YMCA is hosting a Spring 2010 Volleyball League for girls in grades 4th—6th. This is a seven week league ending with a single elimination tournament. Includes six weeks of Saturday games at the Winona YMCA, 7th week tournament at Cochrane-Fountain City Schools, coaching, one practice per week, t-shirt & swim party.

When:

- **Practices:** Tuesday nights at the YMCA from 5:00—6:30 p.m. from March 9 to May 4.
- **Games:** Saturdays at the YMCA from March 20 to May 1st (no games April 3)
- **Year-end tournament:** May 9, 2010 at C-FC Schools.

Who: Girls in grades 4th—6th (4th & 5th grades are combined)

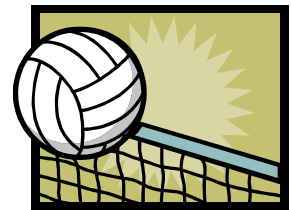
Fee: \$25 per player

Deadline: ~~Monday, February 15th~~ **Extended to Saturday, March 13**

Location: Winona Family YMCA & C-FC Schools

Coaches Meeting: Tuesday, March 2nd, 5:30 pm at Winona Family YMCA

Register: In person at the YMCA, by mail, online www.winonaymca.org or call 507/454-1520



Girls Volleyball League



Pre-Season Warm-up Clinic

▶ The Winona Family YMCA invites all league volleyball players to join us for a 2 hour Volleyball Clinic to develop and refresh volleyball skills for the upcoming Spring 2010 season. Players will be provided instruction and examples as they learn the necessary skills to be an effective volleyball player. Minimum of 15 players required to host the clinic, so tell your teammates and friends.

When: Saturday, March 13th; 1:00—3:00 p.m. for grades 4-6.

Fee: No Charge for YMCA Volleyball League Players and parents/coaches

Location: Winona Family YMCA, 207 Winona Street, Winona, MN 55987

Register: In person at the YMCA, by mail, online www.winonaymca.org or call 507/454-1520



Warm-up Clinic

Sign up in person at the YMCA or online at www.winonaymca.org
Call 507/454-1520 for more information.

