



## LKY Volleyball Fun Fridays



LKY Volleyball is excited to announce our “Fun Fridays” spring training package. This will be held at Cedar Creek Baptist Church on 8 Fridays between Mar 3 and May 12 (*skipping March 31, April 7, and April 28.*) Fun Fridays are open to any female interested in advancing her skills in the sport of volleyball; athletes are NOT required to be homeschooled for Fun Fridays. (Athletes ARE required to be homeschooled to tryout out and participate in our fall season.)

Starting Friday, March 3, LKY Volleyball will host 8 Friday afternoon skills clinics or “academies” to teach specific skills, along with 90-minute open gym sessions for high school athletes. Academies will be one hour per session and will be limited to 16 athletes per session. Open gym will be 90 minutes per session and be limited to 24 athletes per session.

These skills academies will be on **Fridays** at the **times listed below** on the **following dates**: March 3, 10, 17, 24, April 14, 21, May 5, 12.

**1pm-2pm: “Rookie”:** *Basic volleyball skills for athletes who have played one year or less for an organized school team including LKY*

**2pm-3pm: “Intermediate”:** *Volleyball instruction for those playing for 2-3 years for an organized school team including LKY.*

**3pm-4pm: “Advanced”:** *Volleyball training for those who have played for more than 3 years for an organized school team including LKY.*

**4pm -5:30pm: Open Gym:** *Open gym time for high school athletes (including those entering HS in fall 2023 and by invitation only to younger athletes.)*

Each academy hour will be dedicated to a skill level and **not an age group**. If you have questions about which clinic would be most beneficial for your athlete, please ask via email ([LKYvolleyball@gmail.com](mailto:LKYvolleyball@gmail.com)) before registering.

This training opportunity is **available for \$100** which allows athletes access to all eight training sessions. Individual sessions cannot be purchased. (*Note: Athletes may purchase this package even if they are unable to attend all eight sessions*). No one will be permitted to participate in any academy or open gym without first signing up through LeagueApps.

The open gym access is also \$100 per athlete for the opportunity to attend all eight open gym times. There is a 50% open gym discount to any HS athlete (*including rising freshman*) who attend an academy and sign up for open gym. If you sign up for an academy and also desire to attend open gym, please email [lkyvolleyball@gmail.com](mailto:lkyvolleyball@gmail.com) for your discount code.

**Register now at: [lkysaintsvb.leagueapps.com](https://lkysaintsvb.leagueapps.com)**