

Young Ladies'

# Volleyball League at



**Dates**  
April 15<sup>th</sup>–June 17<sup>th</sup>

**Times of Games**  
6:30,7:30,8:30

**Ages**  
14-18

**# of Teams**  
4-6

**Players Per Team**  
8-10

**THE GYM** will conduct a **Thursday Night Volleyball League** for high school players to continue honing their skills in the off season. The girls can sign up as a team or individually for new forming teams. Once sign-ups are complete, the teams will be given a schedule with the times of their games each week. Each team will play in regular season games and then go through a playoff system to determine the league champions. **THE GYM'S VOLLEYBALL LEAGUE** will be organized and refereed by **THE GYM'S** qualified staff, who will run the games, the score board and keep track team stats.

This league is a great way for volleyball players to have a lot of fun while still playing competitively and keeping their head in the game.

**PLAYERS WILL BE PROVIDED WITH:**

JERSEYS  
LEAGUE STATISTICS  
REFEREE FOR THE GAMES  
SCORE KEEPER  
LEAGUE SCHEDULE

**THE GAMES:**

RALLY SCORRING  
FIRST TO 25  
50 MINUTES MAX  
WILL HAVE SUBS  
AND BREAKS

**COST FOR THE LEAGUE**

\$150 PER PLAYER

For Registration and More information  
Call or E-mail Matt Spallina Phone 914-219-1616  
E-mail: [MSpallina@GetToTheGym.com](mailto:MSpallina@GetToTheGym.com)  
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