

# LHVBA 12U Co-Ed Tryouts

2021-2022 Season



**12 & Under**, Must be born on or after July 1, 2009 ---- Cannot turn 13 before July 1, 2022

## **Tryouts:**

Oscoda High School Gym

November 13, 2021

1-2:30pm (arrive at 12:30pm to check in)

Parent meeting 1-1:15pm while participants warm up

This tryout is **FREE**

## **Cost:**

TBD

## **Register:**

COMING SOON

## **12U co-ed team**

This is a competitive co-ed travel volleyball team that is exclusive to Oscoda students. This is not a recreational team as training will be highly structured and physically demanding. This team will practice 2 times a week (December-January) and end with a full-day tournament with other 12U level teams.

## **Each team member will receive:**

- 2 months of skill-focused instruction, (2) 1.5 - 2 hour, trainings a week (December-February), (likely Wednesday evenings/Saturday or Sunday afternoons)
- Coordination and agility training (incorporated into each training)
- (1) tournament, 12U division (end of January)
- Gear: (1) practice t-shirt, (1) tournament jersey, (2pr.) training socks, and complete protective training gear

**\*\*Please email Coach Ehle with questions: [lakehuronvba@gmail.com](mailto:lakehuronvba@gmail.com) with questions!**