

# Friday Night Co-ed Volleyball

## Winter 2023

### Grades 7 - 11

Rapids Volleyball is interested in developing the love of volleyball at all different levels!! There are travel team opportunities for athletes of all experience and skill level!! We also have an amazing house league system where we are committed to the fun of volleyball and the experience of being a part of a team!! Come out and have fun with Friday Night Volleyball!!

Friday Night Volleyball is a great place to:

- Get active - be social!!
- Game play only!!
- Connect with a great coach
- Register as an individual or with a friend(s)

**Start Date:** Friday, January 13<sup>th</sup> for 12 weeks

**Where:** Canada Games Park/Central Community

**Time:** 6:00-7:30

**Head Coach:** Sauli Lianga

**Cost:** \$225.00

Please email Beth Schulz [schulzy2@sympatico.ca](mailto:schulzy2@sympatico.ca) to register your team or to register with a friend or to register as an individual.

Teams can be co-ed or single gender.