



JUNIOR HIGH LEAGUE AT THE LAB

DESCRIPTION:

Our Junior High Volleyball League will take place from June 1 - July 29 (schedule listed on Page 2). This is a girl's only league. The goal of this program is to provide athletes ages 12-14 an opportunity to receive quality training and competitive game-play that elevates their volleyball knowledge and skills.

PARTICIPANTS:

Girls, ages 12-14, and those who are playing in 12U - 14U age groups. Players should have prior volleyball experience as this is NOT a beginner's league. Athletes should already have basic knowledge of and be able to execute: passing, digging, overhand serving, and a 3-step hitting approach.

COST:

- General Cost - \$550/player
- Early Bird Cost - \$500/player - Must sign up before April 1 to receive \$50 off - no other discount may be applied in combination with this offer.
- Deposit - \$250 - Submitting a deposit **does not** qualify for Early Bird pricing. This will be charged as the General Cost pricing. If submitting a deposit, your remaining balance will be due by May 31, 2024.
- Game Day Tee - \$30/player

REGISTRATION:

Enroll on our website at www.thelabtrainingclub.com

Registration opens on March 11. Please register early as there is limited availability in this league.

LOCATION:

All games and practices will be held at Newhall Church of the Nazarene, Gymnasium (Address: 23857 The Old Rd, Newhall, CA 91321)

TRYOUTS/TEAM PLACEMENT:

It is important that your athlete is in attendance for the first session on June 1st as this is how we will configure team assignments and athlete placement. If you are unable to attend, please let us know as soon as possible so that we can discuss your player's experience level and best fit.

PRACTICE & GAME SCHEDULE:

Practice Days: Teams will practice for a 1.5 hour block. If the schedule reflects 5:30–8:30 PM, your athlete will either practice from 5:30–7:00PM or 7:00–8:30PM.

Game Days: Teams will play in a 1 hour block. If the schedule reflects 5:30–7:30PM, your athlete will either play from 5:30–6:30PM or 6:30–7:30PM (or immediately after the 5:30 match ends).

**You will be sent a more definitive schedule regarding your assigned practice and game times after the teams are configured and finalized by our coaching staff. We will get this to you as soon as possible but please allow us until Tuesday, June 4, 2:00pm.*

DAY	TIME	LOCATION	EVENT
Monday, June 3	5:30–8:30 PM	NewNaz Gym	Tryouts/Team Placement
Wednesday, June 5	5:30–8:30 PM	NewNaz Gym	Practice #1
Monday, June 10	5:30–8:30 PM	NewNaz Gym	Practice #2
Wednesday, June 12	5:30–8:30 PM	NewNaz Gym	Practice #3
Monday, June 17	5:30–8:30 PM	NewNaz Gym	Practice #4
Wednesday, June 19	5:30–7:30 PM	NewNaz Gym	Game #1
Monday, June 24	5:30–8:30 PM	NewNaz Gym	Practice #5
Wednesday, June 26	5:30–7:30 PM	NewNaz Gym	Game #2
Monday, July 1	5:30–8:30 PM	NewNaz Gym	Practice #6
Wednesday, July 3	NO EVENTS DUE TO HOLIDAY		
Monday, July 8	5:30–8:30 PM	NewNaz Gym	Practice #7
Wednesday, July 10	5:30–7:30 PM	NewNaz Gym	Game #3
Monday, July 15	5:30–8:30 PM	NewNaz Gym	Practice #8
Wednesday, July 17	5:30–8:30 PM	NewNaz Gym	Practice #9
Monday, July 22	5:30–7:30 PM	NewNaz Gym	Game #4
Wednesday, July 24	5:30–8:30 PM	NewNaz Gym	Practice #10
Monday, July 29	5:30–7:30 PM	NewNaz Gym	Game #5

NOTE: This schedule is subject to change and based on NewNaz Gym availability. If changes occur, you will be notified via email. Thank you in advanced for your patience and understanding.

Please contact us at info@thelabtrainingclub.com or 661-210-3306 if you have any further questions.