IMPORTANT TRYOUT & MEETING INFORMATION

2014 VBC TRYOUTS
BOYS: OCT. 25, OCT. 26 & NOV. 2
GIRLS: NOV. 7-11

Training Sessions begin the week of December 1st. Please visit www.SPORTIMENY.com/VBC for tryout dates and times for your age group.

Players must register with GEVA prior to tryouts in order to participate. Visit www.GEVA.org for details on how to register.

PARENT'S INFORMATION MEETING
BOYS: SATURDAY, OCT. 18, 10:00AM-12:00PM
GIRLS: SATURDAY, OCT. 25, 10:00AM-1:00PM

Special Position Camp during the Parent's Information Meeting.
Cost: $95/Per Girl *$50/Per Boy

ADDITIONAL TRAINING FACILITIES IN KINGS PARK & LYNBROOK !

NEW VBC Functional Training Center

This new club feature at Bethpage Multi-Sport will provide VBC players with a unique fitness area to do strength training, speed & agility exercises, stretching and injury rehabilitation.

Our new FTC will also convert to a classroom for teams to review practice and tournament video with their coaches as well as team strategy sessions for upcoming competitions.

TO DOWNLOAD A CLUB TRYOUT APPLICATION AND FOR MORE INFORMATION, VISIT OUR WEBSITE AT WWW.SPORTIMENY.COM/VBC

SPORTIME VBC
COMMITMENT TO EXCELLENCE

4105 Hempstead Turnkpike
Bethpage, NY 11714

VBC PLAYER BENEFITS

- FREE Summer Open Volleyball
- Discounts on all SPORTIME Summer Volleyball Camps & Clinics
- 10% Discount on all Quick-set Volleyball Store Merchandise

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COMMITMENT TO EXCELLENCE

PARENT'S INFORMATION MEETINGS
BOYS: Saturday, October 18
10:00AM-12:00PM
GIRLS: Saturday, October 25
10:00AM-1:00PM
SPECIAL POSITION CAMP DURING EACH MEETING

SPORTIME
TENNIS • FITNESS • MULTI-SPORT

516/731-4432
www.SportimeNY.com/VBC

SPORTIME VOLLEYBALL CLUB

SPORTIME is proud to offer a high-level JUNIOR VOLLEYBALL CLUB (VBC) for boys and girls, ages 9-18. SPORTIME VBC provides young athletes with expert training, professional instructors and state-of-the-art facilities.

Our instructional clinics, developmental training and competitive travel teams offer players of all levels the opportunity to learn and compete under the supervision of our expert coaches.

Our unique training methods allow players to challenge each other while learning from our entire team of coaches.

Club players who commit their time and efforts to team practices and competitions will improve their skills and make valuable contributions to their respective teams.

SPORTIME is fully committed to providing young athletes with a fun, positive volleyball experience.

CLUB PROGRAMS

TRAVEL TEAMS: BOYS AGES 14, 15, 16, 17 & 18
SPORTIME travel teams practice two times per week. Each two-hour practice consists of circuit training to teach and develop skills, as well as specific team training to prepare for competitions. Teams participate in approximately 5-6 local tournaments and 2-3 overnight travel tournaments throughout the club season.

HYBRID TEAMS: GIRLS AGES 14, 15, 16
Our Hybrid Teams train one time per week. Players learn fundamental skills, strategy and teamwork to prepare for competitions. Teams participate in approximately 4-5 local tournaments and 1 overnight travel tournament.

DEVELOPMENTAL TEAMS: BOYS & GIRLS AGES 11, 12 & 13
Players in our Developmental Program train one time per week. Each practice focuses on teaching fundamental skills, as well as team strategy and game play. Developmental teams participate in approximately 2-3 local tournaments and possibly one overnight event throughout the club season.

FUTURE STARS: BOYS & GIRLS AGES 9 & 10
Our Future Stars program is designed to introduce young players, ages 9 & 10 to competitive volleyball. Coaches teach proper technique, court positioning, game strategy and FUN!

INSTRUCTIONAL CLINICS: BOYS & GIRLS AGES 8-17
For players who may not be ready or interested in a more intense travel program, our instructional clinics are a great way to improve skills and enjoy the game of volleyball. We offer 8-week sessions at multiple SPORTIME locations, all year round.

**All SPORTIME Club players receive an equipment package that may include spandex or shorts, uniforms, warm-ups and a travel bag. Clinic Players receive a SPORTIME Volleyball T-shirt.*

VBC IMPACT PROGRAM
VBC players can enroll in our VBC IMPACT Program, offered on Friday evenings to help develop strength, speed, power and flexibility. Our certified coaches supervise all IMPACT activities.

COACHING STAFF AND FACILITY

The SPORTIME coaching staff is comprised of college, high school varsity and junior varsity coaches as well as men's and women's college players. Our coaches work together to challenge all players and to prepare them for competition.

JOE SIEGEL, MS ED EXECUTIVE DIRECTOR
Joe has over 20 years experience coaching at the junior club, high school and college levels. He has developed all SPORTIME junior and adult volleyball programs.

PHIL OPINANTE, CLUB PRESIDENT
Phil has been a successful volleyball coach for over 30 years. Phil is an expert at teaching fundamental skills and developing high level players.

JOSE BRITO, VOLLEYBALL DIRECTOR
Jose has spent 6 seasons as the assistant women's coach at LIU Post. He also has coaching experience at the high school and club levels and he currently oversees all SPORTIME volleyball programs.

RANDY LOUIE, ADMINISTRATIVE DIRECTOR
Randy is an accomplished player, competing in USA Volleyball regional and national tournaments. He has over 15 years of coaching experience.

SPORTIME BETHPAGE MULTI-SPORT
SPORTIME houses five competition volleyball courts with professional SPORTCOURT playing surface, and features high ceilings, court divider curtains and climate control. The facility also offers a fitness center, volleyball store, snack bar and a viewing mezzanine.

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