

Child's name \_\_\_\_\_ age \_\_\_\_\_ sex \_\_\_\_\_

DOB \_\_\_\_\_ Shirt Size (Youth Size) \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Town \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Would you like to be on the GYC Email List Y N

Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Work \_\_\_\_\_

Emergency Contacts

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Please list any allergies/medical problems \_\_\_\_\_

Participation in this program may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights against the Gilford Youth Center, the Gilford Community Church, its officers, employees, agents, volunteers, and supervisors, except in the case of their sole negligence, from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the program and activities.

In addition, I give my permission for the child to be treated by qualified medical personnel in the event that the above named parent/guardian cannot be reached at the phone numbers provided.

As a parent, guardian or participant, I allow the Gilford Youth Center to take my child's picture/video for advertising and promotional purposes.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
date

GILFORD *Youth* CENTER

**Saturday Morning Volleyball**

**Elementary  
Girls Volleyball  
League**



**Saturday Mornings  
December-February**

Tel: 603-524-6978

## Girl's Volleyball League

The Gilford Youth Center is hosting Saturday Morning Volleyball, a girls volleyball league for elementary-aged children (ages 6-12)

The league will be held on Saturday mornings, beginning December 10<sup>th</sup>, and will run for 10 weeks (see schedule).

The league will introduce girls to the game of volleyball. Children will learn the rules of the game, and the basic techniques and skills required to play the game. Most importantly, the league will allow children to have fun, gain self esteem, interact with fellow peers, all in a safe environment.



### What the League Offers...

Each Saturday, children will be given a 5-10 presentation from an experienced volleyball player on skills of the game. Children will then spend "practice time" with their assigned coach and teammates. During this time, children will perform various activities, games and drills to teach proper volleyball techniques, including:

- Hitting techniques (bumping, setting)
- Serving
- Body positioning
- Teamwork
- Game Rules
- And more!

Following "practice time" children will play an organized game.

### Age-Appropriate Equipment

Equipment used in the league, including balls, will be age appropriate. Our volleyballs are light, softer, and will make learning proper skills and techniques easier.

### League Schedule

Saturday Mornings 8:30-10am

December 10, 17, 31

January 7, 14, 21, 28

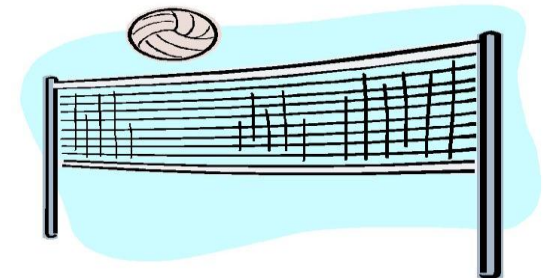
February 4, 11, 18

### League Fees

\$75 per child (only \$7.50 a session!!!!)

\$120 for 2 siblings

Team Shirts  
included!!!



### Free Photos of your Child

Photos from the league will be available for parents to download at no cost!!!

### What to Bring....

- Sneakers
- Water Bottle (recommended)
- Shorts or athletic pants
- Knee pads (recommended)
- Team Shirt (please wear to sessions)