



Attention Girls Ages 10-18 Interested in Playing Volleyball

Central Missouri Volleyball Club (CMVBC) 2009/2010 Schedule Celebrating 20 Years of Volleyball Excellence

OCTOBER 18, 2009 – PARENTS MEETING

An informational meeting for parents of girls interested in trying out for 2009-2010 CMVBC teams will be held at 7:00 p.m. at Helias High School (located at 1305 Swifts Hwy). The meeting will be held in the Commons (**Please use the side entrance by the middle parking lot.**) **Per changes in HOA Registration for USAV players to play Club Volleyball in 2010, parents of players will need to attend this meeting.** This process will be via the internet for each individual player. CMVBC will provide a guideline and assist candidates on accepting membership upon being chosen for a team. Attending this meeting will allow CMVBC to help in the fullest manner regarding the changes, and per any questions regarding Jrs Club Volleyball for this season.

SUNDAY, OCTOBER 25, 2009 – OPEN GYM – St. Peter's Gym, Jefferson City (\$2)

11 & Under	1:00 - 2:30 p.m.
12's	2:45 - 4:15 p.m.
13's	4:30 - 6:00 p.m.
14's	6:30 - 8:00 p.m.

SUNDAY, NOVEMBER 1, 2009 – OPEN GYM - Lewis & Clark Middle School, Jefferson City (\$2)

11 & Under	1:00 - 2:30 p.m.
12's	2:45 - 4:15 p.m.
13's	4:30 - 6:00 p.m.
14's	6:30 - 8:00 p.m.

SATURDAY, NOV. 7, 2009 – TRYOUTS - Helias High School Field House Gym, Jefferson City

14's Saturday	1:00 – 4:00 p.m.
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SUNDAY, NOVEMBER 8, 2009 – TRYOUTS – St. Peter's Gym, Jefferson City

11 & Under	1:00-3:30 p.m.
12's	3:45-6:30 p.m.
13's	6:45-9:45 p.m.

SUNDAY, NOVEMBER 8, 2009 – OPEN GYM – Lewis & Clark Middle School, Jefferson City (\$2)

15's	5:15 – 6:45 p.m.
16's	7:00 - 8:30 p.m.
17's & 18's	8:30 -10 p.m.

SATURDAY, NOV. 14, 2009 - TRYOUTS – Helias High School Field House Gym, Jefferson City

15's	3:00-6:00 p.m.
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SUNDAY, NOV. 15, 2009 - TRYOUTS – Helias High School Field House Gym, Jefferson City

16's	1:00- 4:00 p.m.
17 & 18's	4:30- 7:30 p.m.

NOTE TO PARENTS:

As a Club in the Heart of America (HOA) region, we are required to have insurance to cover potential members during open gym & tryouts. **Each open gym will cost \$2 at the door.** The cost of tryouts is \$45 per player, of which \$40 will be applied toward the Club Dues if selected for a team or refunded if the player is not selected for a team. Club Dues range from \$245 to \$900 per player, depending on the level of commitment selected by her team.

CMVBC's goal is to have at least one team in each age group. Some age groups may have more than one team. Teams are assembled to be competitive in tournaments sponsored by USA Volleyball. Teams will travel to out-of-town tournaments.

The regular season runs from January through April. If a team chooses to do so, additional tournaments can be added during the season with play continuing through June and/or July. Additional tournaments will result in increased Club Dues for that team.

For more information, visit our website at www.cmvbc.org or contact Bill Wolters, Coaches Liaison at 573-353-4940.