

Hello parents and student athletes!

Coach Paul and I are excited to kick off the 2023 Boys Volleyball Season at Twelve Bridges Middle School! We are now into our 7th year of coaching volleyball; having coached for Clubs and Middle Schools at 12U through 16U levels. We love this sport and have a passion for the game.

Tryouts are scheduled for Tuesday - Thursday during the last week of February. We will be making cuts after all 3 days of tryouts. Practice starts Friday, March 3rd

When	Day 1 Tryouts & cuts: Tuesday, February 28 th (8 th Grade only)	
	8 th Grade	7:00 – 8:30 pm
	First cuts will be posted in gym lobby	
	Day 2 Tryouts & cuts: Wednesday, March 1 st (7 th Grade only)	
	7 th Grade	3:05 – 4:30 pm
	First cuts will be posted in gym lobby	
	Day 3 Tryouts & cuts: Thursday, March 2 nd (7 th & 8 th Grade)	
	7 th Grade	3:05 – 4:30 pm
	8 th Grade	4:35 – 6:00 pm
	Final roster will be posted in the gym lobby and FinalForms app	

Game Days are on Tuesdays and Thursdays (3:45pm for 7th / 4:30pm for 8th)

Practices are:

Mondays: 2:05 – 4:00pm
 Fridays: 3:05 – 5:00pm
 All other days: 3:05 – 4:30pm

CLINIC/CONDITIONING:

We will be holding pre-season conditioning for 7th and 8th graders.

Dates: Wednesday, Thursday & Friday January 25th, 26th & 27th	3:00 – 4:30pm	TBMS gym	Athletic shoes and water required (knee pads optional)
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NOTE: before any student athlete begins training, a completed Athletic Clearance must be submitted and approved.

BVB Coaching Staff

Coach's Name	Event(s)	Email	
Christine Pahkim	Head Coach	TheJCrew3@hotmail.com	916.296.7692
Paul Pahkim	Assistant Coach		