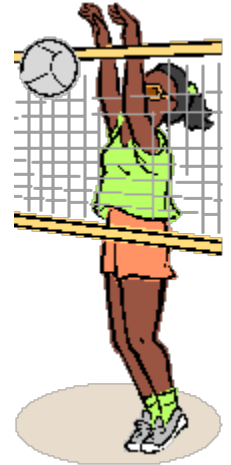


Berkshire Intramural Volleyball 2024

- Cost \$60 (Online Payment)**
- Paperwork:**
 - **Must have Physical and Registration Form turned in (Done online under Athletics and then hit Winter II)**
- 7:00-8:00AM**
- 4 Days/Week for 6 weeks: January 29-March 14**
- No Practice the week of Mid-Winter Break (2/19-2/23)**
 - **Practices will be held inside the Berkshire Gym**
 - **Practices will be Monday-Thursday**



- Start Date is, January 29, 2024 @7:00AM**
 - Late registration will be accepted until cap is reached

- **During Practices we will work on:**

- Ball handling
- Passing
- Serving
- Receiving
- Team building
- Offense
- Defense
- Game Play/Tournament (End goal is game play/tournament)



- Other Important Information:**

Dress appropriately to play volleyball and exercise:

- Tennis shoes
- Shorts, sweat pants, or warm-up pants
- T-shirts, sweatshirt, etc.
- We will end by 8:00AM each morning so the girls have time to change and make it to first hour by 8:15 AM
- Girls' Locker Room will be available
- Any questions or concerns, please contact:
Coach Erin Lincoln: elincoln@birningham.k12.mi.us



PLEASE SIGN UP FOR REMIND IN CASE OF CANCELLATIONS: TEXT @7dkc32h to 81010.