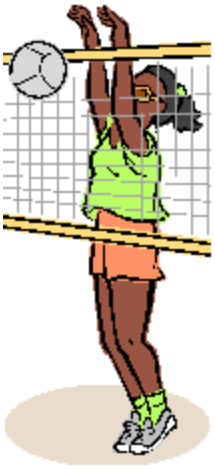
Berkshire Intramural Volleyball 2026

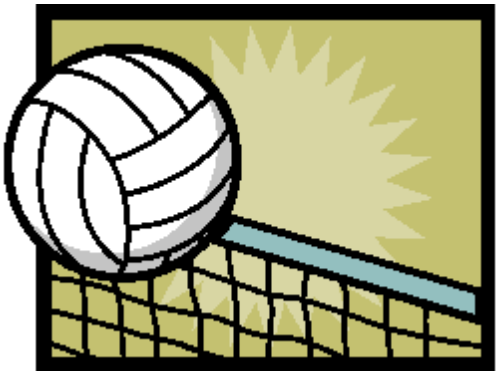


IM volleyball is open to boys and girls, all skill levels!
Register and pay online under the "Athletics" tab- click on the "Intramural and Club Sports" for instructions.
A current physical MUST be uploaded in Final Forms to participate.
Registration questions-please email lreeves@birmingham.k12.mi.us.
All communication will be done through Final Forms, except in the case of a last-minute **emergency cancellation** in which **Remind** will be used. Please **text: @agah32f to 81010.**
3 Days/Week for 8 weeks: September 15-November 5

- Practices will be held inside the Berkshire Gym
- Practices will be Tuesday-Thursday
- 7:00-8:00AM

Start Date is Tuesday, September 15th @7:00AM

- Registration will remain open until the cap is met. However, spots fill up quickly as space is limited.



- **During Practices we will work on:**
  - Ball handling
  - Passing
  - Serving
  - Receiving
  - Team building
  - Offense
  - Defense
  - Game Play/Tournament (last half of the season)

Other Important Information:



Dress appropriately to play volleyball and exercise:

- Tennis shoes
- Shorts, sweat pants, or warm-up pants
- Knee pads are optional
- T-shirts, sweatshirt, etc.

We will end by 8 AM each morning so there is enough time to change and make it to first hour by 8:15 AM.

Locker Rooms will be available.

Any questions or concerns, please contact:
Coach Erin Lincoln: elincoln@birmingham.k12.mi.us