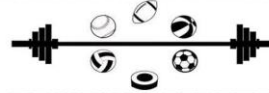


Wednesday



ATHLETIC PERFORMANCE



TRAINING CENTER

WE WILL HELP YOU
BECOME A BETTER ATHLETE!



	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8			PLAYOFFS
	3-Mar			10-Mar			17-Mar			24-Mar			31-Mar			7-Apr			14-Apr			21-Apr			28-Apr
6:00 PM	1	vs	2	1	vs	6	6	vs	8	8	vs	10	11	vs	12	5	vs	9	10	vs	11	11	vs	1	
6:50 PM	3	vs	4	3	vs	8	1	vs	10	6	vs	11	10	vs	12	10	vs	2	8	vs	12	2	vs	3	
7:40 PM	5	vs	6	5	vs	10	3	vs	11	1	vs	4	8	vs	9	11	vs	7	9	vs	3	8	vs	5	
8:30 PM	7	vs	8	2	vs	4	5	vs	4	3	vs	12	6	vs	2	4	vs	12	5	vs	1	4	vs	7	
9:20 PM	9	vs	10	7	vs	12	2	vs	12	2	vs	9	1	vs	7	6	vs	3	2	vs	7	6	vs	12	
10:10 PM	11	vs	12	9	vs	11	7	vs	9	5	vs	7	3	vs	5	8	vs	1	4	vs	6	9	vs	10	
																								20-Mar	

CAPTAINS

1	Brandon C	7	Jesse P
2	Ted D	8	Jordan G
3	Brandon C 1	9	Tegan S
4	Heather C	10	Jason D
5	Ted D 1	11	Bridgette O
6	Eric W	12	Christy P

MATCHES

3 games : All to 21 pts : Rally Scoring Cap at 23 pts

2/30 second timeouts allowed per team per game

Standard Net Rule still in effect : touching the net is a violation

Officials have the right to disqualify a player at any time for rude conduct

If the third set of a match needs to be shortened due to inclement weather or time.

The referees will notify Brian or Steve first then captains will be informed prior to the start of the set.

League Rules

No blocking or attacking of serve

"Let" serve is in effect

Back row players may not block

Back row players may not attack a ball within 10ft of the net

Minimum of 3 to play in a Coed 6's league with 1 female, 2 players in a 4's league with 1 female

\$10 a match professional referee fee is paid before the start of Set 1

Forfeits

Scheduled match time is forfeit time. We understand that emergencies arise.

If your team forfeits, the referee fees for BOTH teams will be paid by the forfeiting team with your forfeit fee that you paid at registration

The following week you will bring your forfeit back up to a \$40 balance before you play your match.