

6th, 7th, 8th Grade Volleyball Open Gym



Any current 6th, 7th, 8th grade volleyball players are welcome to come to a Jr High Volleyball Open Gym with Coach Angie Lantz. We will focus on fundamentals and skill progression.

When: Tuesdays March 19—April 30, 2019

Time: 7:30-8:30pm (* Gym open at 7pm for those wanting extra instruction)

Where: St. Albert Elementary Gym

What to bring: your volleyball court shoes, kneepads, and your positive energy!

Any questions: Contact Coach Lantz, cell 402-740-6850 or email coach_lantz@yahoo.com