



The Jersey Girls Volleyball Club

Little Spike! Youth Training Program

Who: Girls ages 6 – 12

What: A seven-session basic skills development program focused on the fundamentals of volleyball in a fun environment – for beginners and experienced younger players

Why: Outstanding training by experienced DIGS Volleyball Club coaches, under club technical director, Scott Mose'

When: Wednesday nights, 6:00 – 7:30 PM
Starting Wednesday, September 30 for 7 consecutive weeks (last evening is Wednesday, Nov. 11)

Where: Solomon Schechter Day School
New Milford, New Jersey

How:

- RSVP to hold a spot at: LittleSpike@DIGSVolleyball.com
- \$200 program fee, payable on the first night – includes all training and a cool DIGS Volleyball Club jacket and T-shirt!
- Wear tennis or volleyball shoes, knee pads, gym shorts and a T-shirt, and bring water

For more information and directions, visit www.DIGSVolleyball.com