

Co-ed Volleyball Open Gyms

Heritage Academy is pleased to announce that the Heritage Volleyball Program and coaching staff will again be hosting Co-Ed open gyms on Friday mornings at the Methodist Church Gym from November through January. There is a \$5 pre-paid fee for each session (or \$25 for all 6) to cover the gym rental.

All Skill Levels Welcome.

Why: Come give volleyball a try, improve your skills and get ready for boys' tryouts.

Time: 8:45–10:45 (arrive at 8:30 to get warm-ups done)

Dates: 11/8 and 11/22, 12/6 and 12/20, 1/10 and 1/24

Coach Bill Whitehead and Coach Sarah Freeman

bill.whitehead@byu.net sfreeman@heritageacademyaz.com

(contact us with questions)

*each session will include instruction and game play

Check off which sessions you would like to sign up for. Make checks payable to Sarah Freeman or Venmo @sfreeaz (include athletes name) and turn in the bottom of this form with payment to the front office by November 6th. Cost is \$5 per session (discounted price of \$25 for all 6). Please turn in a separate form for each athlete.

11/8 11/22 12/6 12/20 1/10 1/24

all sessions (discount total is \$25)

TOTAL DUE: _____

Player Name: _____ Grade: _____

Payment Method: Cash Check Venmo

Parent email _____