



# gold cal VOLLEYBALL



## 2012 Training Team

Training Team is for girl & boy athletes 6-12 years.

- Season is from February 5<sup>th</sup> through May 6<sup>th</sup>
- One practice a week • 3 local JSA tournaments
- All training team athletes practice together • 5 - 7 coaches

Training Team season fee is \$650 includes...

- AAU tournament fees • Practice facilities • Coaches fees • Team Equipment

**Parent/Player information meeting Monday, January 9, 2012  
at Folsom Sports Complex, from 5:30-7:30pm.**



Gold Cal Jrs Training Team is facilitated by Arizona State University's All American **Sheri Lobb**. Sheri has coached all ages of volleyball for over 20 years and is a certified personal trainer.

Practices held at Folsom Sports Complex on Sundays beginning February 5, 2012. Specific practice time to be announced.

2012 Tournament Schedule  
Saturday, March 3  
Sunday, April 15  
Sunday, May 6

You may sign up for the training team all day on Sunday, November 13<sup>th</sup> at Folsom Sports Complex and require a \$325 deposit.

To reserve your spot by email, contact Gold Cal Jrs Club Director, Melanie DeMure at [jeffreyandmel@earthlink.net](mailto:jeffreyandmel@earthlink.net).

