

RidgeValley VBC

Lil' Rookies

2010 Information Sheet

IMPORTANT DEADLINE:

RSVP registration via email or by phone ASAP, or you can show up at the door @ Mount Si HS
All practices will be @ Mount Si. Register at the door at 5:00.

Register at ridgevalleyvbc@gmail.com or 253-253-569-8075

TWO OPTIONS FOR 2009-2010 ROOKIES: \$105.00 for 6 sessions or \$ 20.00 per session.

Spring Sessions: 5:30-7:30pm

March 14, 21

April 11, 25

May 2, 16

\$105.00 for all 6 sessions-spring- (if you are a returning Little Rookie and you refer a friend get \$5.00 off your registration.)

Includes tee shirt, if already have a tee-shirt subtract \$10.00 from registration

Or \$20 per session and \$10 for a tee shirt

MINIMUM REQUIREMENTS:

Must meet all requirements to be accepted into program.

1. You are eligible if you are a 3-6th grade girl or a boy and have not yet entered the 7th grade.
2. You are eligible if you completed and submitted RV VBC Waiver, RV VBC Lil' Rookie Registration Sheet, and 2009-10 RV VBC Rookie Fee and the concussion form on our website.
3. You are eligible if you have a positive attitude and willing to try what we teach
4. You are eligible if you are physically able to run, jump go to the floor to dig a ball

FEE COVERS:

1. Minimum of 12 hours of experienced instruction (6 sessions)
2. All-around play
3. RidgeValley Practice Tee Shirt – youth sizes

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