

# Co-Ed Volleyball

FOR GUYS AND GIRLS  
AGES 10-18

LEARN THE FUNDAMENTAL  
SKILLS:  
SERVE.... PASS  
SET.... HIT

This class will teach the basic fundamental volleyball skills thru weekly drills and training. No prior knowledge of volleyball is needed. Each class will also focus on improving core strength and vertical jump. All students will be expected to participate and give a good effort at learning these skills. Students must be dressed in exercise clothes and have proper gym shoes in order to participate.

Tuition: \$350  
Payment Option: \$200 due Sept 2026;  
\$150 due January 2027



#### LAMP Families:

Any tuition balances not covered by LAMP are due in January 2027

LAMP families must self-pay any missed payments due to a student not completing LAMP requirements..

#### CLASS CO-TAUGHT BY COACH GAIL TRUE + COACH KIM HEAVEY

Coach True and Coach Heavey both love teaching students the great game of volleyball! Coach True leads the K-200 Premier Volleyball teams and the Kalamazoo Force Boys Teams. Coach Heavey has also been assisting the Kalamazoo Force Boys Teams. They are looking forward to the upcoming year with your student in the gym! If you have any questions, please reach out to Coach True at 269-532-3479 or [thetrues@att.net](mailto:thetrues@att.net)

