



Lakota Sports: Volleyball

CAMPS, SAND AND TRAININGS

Trainings

Summer training include girls and boys (entering grades 2-8) and will be formed by skill level focusing on individual growth goals.

Register Today: \$60 After May 30th: \$75

Wednesdays: June 13-July 25 @Lakota East Freshman building

Grades 2-4: 5:30-7 Grades 5-8: 7-8:30

LSO Sand Leagues

Summer sand play is now an option for girls and boys (grades 2-9th). Form your own team or sign up individually. 8-10 players: No practices and a parent volunteer can coordinate the team. List the coordinating parent when registering. Teams can pick their color tank tops.

Mondays: June 18-July 23 @ Diggs Bar and Grill

Sandy Shorts: Grades 2-4th or Serves Up: Grades 5-9th

Register Today: \$35 After May 30th: \$45

LSO Fall Program

As we are wrapping up a successful Spring Season, it is already that time to be thinking about fall play. Go to our website to find out what's new for fall. It will run from August-October. Evaluations for Pepper/Spiker placement will be held throughout the summer during the last ½ hr of each summer training. Now from 2-10th grade eligible.

Lakota Sports Organization: www.lakotasports.org

Trainings

- Passing with accuracy
- Footwork to the ball / movement without the ball
- Serving overhand to targets consistently
- Controlling the net: Setting, Hitting and Blocking
- Transition / Rotation
- Conditioning / Agilities

LSO Sand League

@ Diggs' Bar and Grill

Mondays:

June 18-July 23

NO Practices, Games Only

West Camp

<https://westfirebirds.com/camp-information/>

East Camp

http://lakotasports.org/volleyball/documents/S18EastCampFlyer_may29june1.pdf

