

LSO **SUMMER** YOUTH VOLLEYBALL

SAND TEAMS

Monday Nights
June 5 – July 31

WHERE

Outdoor Sand Courts
@The Field Sports Arena
Includes Tank Tops
8 games



INDOOR: SKILL DEVELOPMENT AND SMALL GROUP TRAINING

Tuesdays June 6, 13, 20, 27 July 11, 18

Our Indoor Training will focus on specific skill-work for each player. Our high-level trainers will run an intense training for players wanting to improve on all aspects of the game. Become an accurate passer, set consistently to net positions, attack the ball, and serve consistently to target.

REGISTRATION IS OPEN FOR SUMMER!

www.lakotasports.org or choose the QR code for more information about private lesson dates and fall registration.

Contact us at volleyball@lakotasports.org

Follow volleyball on Twitter
@LSOvolleyball



SANDY SHORTS
2-5TH GRADE
Monday Nights

SERVES UP
6-10TH GRADE
Monday Nights

INDOOR PLAY

@ Spooky Nook

- 2-10th grade
- Morning Small Group Sessions
- Private Lessons

JULY 25, 26, 27 TRYOUT TRAINING CAMP

- Serving Strength
- Transition
- Attack the Ball
- Base Defense
- Court Awareness
- Trust Teammates

LSO CONNECT

@LakotaSportsOrg

- Facebook
- Instagram
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