



2023 Summer Volleyball Program

CAP CITY VOLLEYBALL partnership: Cap City administers the league by providing volleyball expertise, officiating and league oversight. Cap City staff will run player evaluations, make team selection decisions, train parent/volunteer coaching staff, run pre-season skills sessions, officiate all matches, and monitor league progress.

AGE DIVISIONS: League has three (3) junior girls' age divisions: 10U (9-10s), 12U (11-12s), 14U (13-14s) and 16U (13-16s).

- Age for these divisions is based on your daughter's age as of September 1, 2023.
- Regardless of age division participants should expect a range of skill, athleticism, and experience within each age level.
- Playing up or down a division is strictly forbidden by the Town of Wake Forest [TOWF].

COACHES: All coaches are VOLUNTEERS. Our ability to keep costs affordable, form teams and offer as many athletes as possible a chance to play relies on our success with recruiting volunteer coaches. Most are parents of participating athletes and some are community volunteers. Most do NOT have volleyball coaching or playing experience. We need approximately **70** volunteer coaches [2 per team], so please consider volunteering! All coaches will need to submit a background check through TOWF.

GENERAL SCHEDULE:

- **Athlete Evaluations** will begin May 9th according to the below schedule.
- **Team practices** will take place May 22nd – June 9th.
- **League Play** will begin as early as June 10th and continue through mid-July. Divisions will play only on certain days.
- **Playoffs** will take place the week after regular season league play. This will be a single elimination tournament.

ATHLETE EVALUATIONS

Use the first letter of the athlete's LAST NAME

	Tuesday May 9th (Joyner Park Gym)	Wednesday May 10th (Joyner Park Gym)	Thursday May 11th (Joyner Park Gym)	Saturday May 13th (Joyner Park Gym)
6pm	10U A-D	12U L-O	10U N-Z	10AM 12U F-K
7pm	10U E-M	12U P-Z	12U A-E	11AM 16U A-E
8pm	16U F-K	16U L-O	16U P-Z	

