



The Lost Boys

Power Volleyball

WELCOME!

Thank you for joining our volleyball program for boys. We will be quite small this year (we hope for between 15 and 26 boys) as we work to get the program up and running. We hope to add more affiliated clubs from the area next year and possibly expand the program. For this year, we are trying to gather interest in the sport, introduce the boys to the fundamentals of the game and to have fun.

The good news is that the small size will ensure lots of personal attention for your son.

Our program runs under the USA Volleyball Association and it is this organization that provides the necessary structure, insurance, etc that we need to run the program at a very low cost (insurance runs us \$40 per boy which is included in the \$60 fee). The enclosed forms must be completed and in my possession prior to your son's participation in the program.

Here are the directions for completing and returning the form(s).

Instructions to complete and return forms and make payment

1. All **Personal Information** (the demographic section is optional)
2. In the **Membership Information** section:
 - a. *Type of Membership: "Junior (Age 18 & Below)"*
 - b. *Status: "Player"*
 - c. *You don't need to complete the rest of this section*
3. In the **Team Information** section:
 - a. *Adult Level – leave blank*
 - b. *Club Name: "Black Forest Volleyball"*
 - c. *Team Name: "Lost Boys"*
 - d. *Junior Level: "10/youth"*
4. Individual's Signature: *just write your son's name.*
5. Parent/Guardian's Signature: Sign and Date.
6. **Page 2, section II** please read carefully and have your son sign and date to the right of the "Participant's Signature (Regardless of age) block and date.
7. Write your son's name on the next line just before [minor's name].
8. Print your name, Sign and Date the bottom line.
9. **DO NOT** MAKE CHECKS TO RMR-USAV as it says on the form. We will pay for the membership from the program fee.
10. Make a check payable to Bruce Decker for \$60.
11. Mail to the address below. If you don't think that the mail will get to me by the date of the first session, just bring the form and the check to the first session.



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Sessions

Sessions will run on Sunday afternoon at the Black Forest Volleyball Training Facility at 7104 S. Dillon Court, Englewood, Colorado 80112. This is South of the intersection at Jordan and Arapahoe in an industrial building behind the John Deere landscaping building. Call if you need directions.

We are borrowing great facilities from the Black Forest Volleyball Club with the understanding that most Sundays are available but there may be an occasion where we need to reschedule because of a conflict. We'll try to stick to a consistent time every week but that could vary as well depending on other activities scheduled at the facility. Look for a published schedule just prior to the first week. Also, if you have particular times that would work best for you, please let me know so that I can consider this when scheduling.

Equipment

Your son should wear whatever he would wear to play basketball plus he should have kneepads and featherweight/regulation sized volleyball. I'd like the boys to purchase their own balls so that they can practice at home during the week. The balls are relatively inexpensive (\$28) and they are available at Player's Choice in Parker as well as other sporting goods facilities. Good brands are Tachikara, Mikasa, Molten and Mizuno. Call me if you need help selecting a ball.

Rules

We only ask that the boys show respect for the coaches, themselves and other players. We may use pushups or laps around the gym as a disciplinary action if needed. Please let us know if you have any concerns about this. We want to have fun but also need the boys to understand that there are times to whoop it up and there are times to listen and focus.

This usually isn't a problem but we won't tolerate profanity or fighting and a boy will sit out for all or part of a session if this occurs.

In addition, we don't allow the words "Can't" or "Sorry" to be used. Pushups will be the reward for using them. We want positive, aggressive 'can-do' attitudes. The boys usually get a kick out of this rule but it instills some good competitive attitudes that we want to see.

Parent Help

If you would like to help in practice, please let me know. We can always use a helping hand.

Thanks again for joining us!

Bruce and Kimberly Decker