

# Spirit Volleyball Registration

Affiliated with: Wisconsin Independent Volleyball League  
<https://www.gnbl.org>

For: Girls grades 4-8 attending Holy Ghost, Notre Dame, or St. Peter's

Cost: **4-5th gr-** \$90                      **6<sup>th</sup> gr:** \$100.00                      **7-8<sup>th</sup> gr:** \$115.00  
• Please make checks payable to C.F. Spirit

Where: Registration night at McDonell High School  
Feb. 13<sup>th</sup> from 6-7pm

Questions: Contact: Kat Hanson  
Phone: 715-523-1979  
Email: [kathrynlynn2@yahoo.com](mailto:kathrynlynn2@yahoo.com)

## General Information

Spirit Volleyball is a Spring Volleyball League that runs in cooperation with MACS, but is not part of their Athletic Association, (like MAXX basketball with the Great Northwest League). Our purpose is to improve fundamental volleyball skills in a competitive setting and prepare our grade school players for High School.

We are a competitive league and do not follow the same guidelines as School Athletics. All girls will play, but equal playing time is NOT guaranteed. In all levels, 4<sup>th</sup>-8<sup>th</sup> grade, substitution prevails, not rotation. Games are played to 25 with rally scoring and let serves.

Players are expected to supply their own BLACK SHORTS for tournaments, spandex is acceptable, but a 4 inch inseam is required. Knee pads are also required for practice and tournaments. You will be given a jersey once the season starts.

Practices are once a week for 2 hours. Players are encouraged to participate in other sports (Notre Dame Track and Softball) but must still remember their

commitment to Spirit Volleyball. We will schedule practices to allow kids to be multi sport athletes.

All teams will consist of players from their own grade level.

- 4<sup>th</sup>, 5<sup>th</sup> grade level- to be determined
- 6<sup>th</sup> grade level will play 4 matches in each of four tournaments.
- 7<sup>th</sup> and 8<sup>th</sup> grade levels will play 4 matches in each of five tournaments.
- 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade levels will host one tournament each at McDonell High School. The host tournament is an all day tournament in which parents and players are expected/ needed to work.

Tournaments are Saturdays between April 6th, 2019- May 18, 2019. The May 18, 2019 is called the League Championship Tournament and is a full day tournament where five or more matches are played. We plan on all teams playing in this final tournament.

**Coaches, as of now, are:**

4<sup>th</sup> Grade: Val Sigenthaler

5<sup>th</sup> Grade: Denise Boos

6<sup>th</sup> Grade: Steve Roesler

7<sup>th</sup> Grade: Jodi Bresina and Jess Goulet

8<sup>th</sup> Grade: Kat Hanson

**The WIVL Office sets the schedule. The WIVL office posts all information to the league website. You will need to check this website for all tournament information. It typically comes out the week before the tournament. While I know this is frustrating to not have a full schedule in advance, it is out of our control. Neither the Coaches or Spirit directors, will have information other than what is posted on the website. So please check there to answer ALL questions regarding where and when you play.**

You will go to the website: <https://www.gnbl.org>

Click on the "Volleyball Tab"

On the left side, there is a vertical tab, with the links you will need