



MPA Volleyball OPEN GYMS and LESSONS for the summer of 2023:

Open Gyms will give players a chance to interact with future teammates, learn new skills, and improve their own level of play. There is **NO COST** for these and **NO REQUIREMENT** to be at every one. But I am asking that you try to come whenever you can, so when we officially start in August, everyone will be familiar with each other.

Private lessons are available, too. These would be for individuals or small groups of 2-3. There would be a small cost of \$30/hr for individual lessons and \$20 per person for group lessons. To schedule these please email me at vbjeffrey@yahoo.com and we will find a time. Weekends or evenings work best. I will be out of town June 22-28 for AAU Nationals in Florida, July 1- 6 for USJO Nationals in Chicago, and July 6-9 for the Waupaca Boatride Grass Tournament in Wisconsin.

Below are the dates for OPEN GYMS: (All of them will be from **6-8PM**)

June 6, 11, 17, 18, 23

July 15, 16, 17, 22, 23, 26

More information about Captains' Practices and the first week of the season will be coming soon.