

## New for 2010! Youth Volleyball League Teams

### What:

Penn Highlands Volleyball Club will offer a local youth volleyball league for the 2010 season.

### Who:

Girls grades 1-6. No playing experience necessary!

### When:

Practices and matches will take place January– March.  
Tryouts will take place in November 2009.

### Where:

Penn State Fayette Campus in Uniontown, PA.

### Additional Information:

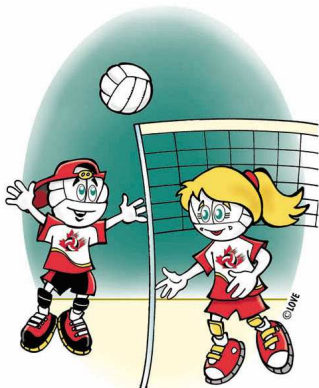
All players will be instructed by qualified coaches and be taught the fundamentals of volleyball, the rules of the game, and will also participate in organized competitive matches. USA Youth Volleyball regulations will be used to ensure proper development and safety of all participants.

Affordable travel teams will also be offered for youth players in addition to the local league. Players may participate in one or both of the team options.

For more information regarding the Penn Highlands youth teams, visit the Penn Highlands website at [www.pennhighlandsvbc.com](http://www.pennhighlandsvbc.com).

Call: 724-439-8208

Or email: [pennhighlandsvbc@yahoo.com](mailto:pennhighlandsvbc@yahoo.com)



## Choosing a Sport ... Why volleyball for my daughter?

Volleyball is a great sport for players of all ages, especially young females. The sport has dramatically grown in popularity remaining second only to basketball in terms of team sport popularity in the United States.

The sport of volleyball offers a safe, fun, fast-paced environment to all players! Volleyball is an incredible sport for it's female participants, and it showcases the female athlete's abilities and athleticism. Speed, agility, and vertical jump, are just a few of the physical attributes that volleyball players develop.

Club volleyball also gives players the opportunity to make new friends from other schools, receive instruction from new coaches with different teaching methods, and provides them the opportunity to be challenged and grow as a player and a person. Penn Highlands Volleyball Club believes that new, different situations and ideas truly assists in the development of the child.

One of the questions frequently asked is, "when should my daughter start playing volleyball?" Youth volleyball is also growing in popularity. Players now play volleyball at a much younger age, just as they do in other team sports such as basketball or soccer, thus making the players and teams at the junior high and high school level experience much more success. Youth volleyball regulations adjust the size of the court, height of the net, and weight of the ball dependent on the age of the players participating. Penn Highlands encourages any player in grades 1-6, regardless of experience to come out and try the fun, competitive, fast-paced sport of volleyball.

**For additional information:**

**Phone: 724-880-0881**

**Email: [pennhighlandsvbc@yahoo.com](mailto:pennhighlandsvbc@yahoo.com)**

## *Penn Highlands Volleyball Club*

*Excellence in competitive volleyball*



**Tryouts November 8 & 15**

**Girls grades 1-12**

**New! League teams for grades 1-6**

**[www.pennhighlandsvbc.com](http://www.pennhighlandsvbc.com)**

Check the website for information on tryout times .

## What is Penn Highlands?

### *Club Volleyball*

Club Volleyball is the best way for players to improve their skills and learn more about the game of volleyball. Girls' volleyball has elevated to an extremely competitive level, and playing year-round from a young age has become imperative to the proper development of volleyball players. In addition, club volleyball helps to prepare players to reach their full potential for their elementary, junior high, high school, and college programs.

The club volleyball program guides and challenges young women to build characteristics of good character, work ethic, integrity, responsibility, and the concept of team. Players will build lasting friendships and experience situations that will help them to develop into confident volleyball players, and young women.

### *Teams Offered*

Penn Highlands offers teams for girls grades 1-12 of both the national and regional levels. Players of all skill levels are welcome. Each team receives its own individual qualified coach, first-rate instruction, and a practice and tournament schedule. **New!** League teams will also be offered as an option for girls ages 7-12. More information on back.

### *Additional Information*

Penn Highlands is a member of USA Volleyball and the Ohio Valley Region. Please visit the Penn Highlands website to view additional information on teams, tryouts, schedules, cost, and much more!

[www.pennhighlandsvbc.com](http://www.pennhighlandsvbc.com)

## Why choose Penn Highlands?

### *Coaching Staff*

Penn Highlands offers an excellent, experienced coaching staff. Each player will receive instruction by knowledgeable coaches who have coached and/or played the game at the collegiate level. All coaches have the best interest of the athlete in mind and will seek to help each player develop to their full potential.

### *Excellent Facilities*

Penn Highlands operates out of Penn State Fayette, the Eberly campus' Community Center and Maltho Gymnasium. Practices are consistently held at this venue.

### *Accessible Location*

Penn State Fayette is located north of Uniontown, PA on Rt 119. The facility is easily accessible to Allegheny, Fayette, Greene, Monongalia, Westmoreland, and Washington County. Most participants can travel to Penn State Fayette in 45 minutes or less.

### *Tradition of Excellence*

Penn Highlands has been training young athletes since 1998. In the past decade, PHVBC has produced many top 10 teams, one #1 ranked team, one regional champion, and national level teams. In addition, many PHVC alumni have furthered their volleyball careers at the collegiate DI, II, III, and NAIA level.

### *Affordable Cost*

Penn Highlands offers a first rate experience at an extremely reasonable rate. Teams attend quality tournaments including qualifiers, championships, and challenges. Players also have the option of fundraising their entire dues with just one fundraiser!

## Testimonials

### **Stacey Wolbert, Penn Highlands Parent Laurel Highlands High School**

As a parent of two Penn Highlands players, I highly recommend the club. The competitive practices and tournaments have helped my daughters reach many personal goals, both as athletes and young women.

### **Kris Fillipelli, Penn Highlands Parent Elizabeth Forward High School**

Penn Highlands has been a wonderful experience for my daughter. Her skills have improved greatly from her club experience. I truly feel that she would not have made the cut for her high school team without the additional instruction from club volleyball. Penn Highlands is not as costly as other clubs, and focuses on helping the girls become better players. The coaches give equal attention and instruction to the girls at practice, require the players to be devoted and dedicated, while at the same time making sure they enjoy their club experience.

### **Pat and John Lyle, Penn Highlands Parent Elizabeth Forward High School**

Our daughter has really learned the game at Penn Highlands. There are clubs much closer to our home, but the coaching staff and the values of the club are worth the trip. The cost is reasonable, and the tournament travel is fun and easy. Penn Highlands has been a great experience for our family.

### **Winnie Wong Penn Highlands Player Plum High School**

After trying two other volleyball clubs, I finally made Penn Highlands my selection. Penn Highlands was the best fit for me because of my great teammates and also the affordable financial obligation.