

Location Program	Clifton Clifton Sports and Fitness Club 199 Scoles Ave, Clifton, NJ 07012	Metuchen Metuchen Sportsplex 215 Durham Ave, Metuchen, NJ 08840	South Plainfield All Season Sports Academy 2700 Hamilton Blvd, South Plainfield, NJ 07080
Beginner Practice AGES: (Girls 10-14) & (Boys 9-12) EXP: 0- 6 months of formal instruction	Saturday: 10:50am- 12:10pm (11/1-12/6) SAT: AM Beginner Practice (CLIFT) 2025 Saturday: 12:10pm- 1:30pm (11/1-12/6) SAT: PM Beginner Practice (CLIFT) 2025	Saturday: 2:00pm- 3:30pm (11/1-12/6) SAT: Beginner Practice (MET) 2025	Saturday: 10:00am- 11:30am (11/1-12/6) SAT: Beginner Practice (SP) 2025 Monday: 6:00pm- 7:30pm (11/3-12/8) MON: Beginner Practice (SP) Tuesday: 6:00pm- 7:30pm (11/4-12/9) TUES: Beginner Practice (SP) Thursday: 5:00pm- 6:30pm (11/6-12/11) THURS: Beginner Practice (SP) 2025 Friday: 6:30PM- 8:00PM (11/7-12/12) FRI: Beginner Practice (SP) 2025
Intro to Tournaments (No Rotations) AGES: (Girls 11-15) & (Boys 10-12) EXP: 6 months of formal instruction	Saturday: 9:30am- 10:50am (11/1-12/6) SAT: AM Intro to Tournaments (CLIFT) 2025 Saturday: 12:10pm- 1:30pm (11/1-12/6) SAT: PM Intro to Tournaments (CLIFT) 2025	Saturday: 2:00pm- 3:30pm (11/1-12/20) SAT: Intro to Tournaments (MET) 2025 Monday: 6:00pm- 7:30pm (11/3-12/20) MON: Intro to Tournaments (MET) 2025	Saturday: 11:30am- 1:00pm (11/1-12/20) SAT: Intro to Tournaments (SP) Tuesday: 7:30pm- 9:00pm (11/4-12/20) TUES: Intro to Tournaments (SP) Thursday: 6:30pm- 9:00pm (11/6-12/20) THURS: Intro to Tournaments (SP)
Rotations Level 1 Tournament AGES: (Girls 12-16) & (Boys 11-14) EXP: at least 8 months of basic gameplay practice	Saturday: 9:30am- 10:50am (11/1-12/14) SAT: Rotations 1 (CLIFT) 2025	Monday: 7:30pm- 9:00pm (11/3-12/14) MON: Rotations 1 (MET) 2025 Thursday: 6:00pm- 7:30pm (11/6-12/14) THURS: Rotations 1 (MET) 2025	
Rotations Level 2 Tournament AGES: (Girls 13-17) & (Boys 12-14) EXP: 1 Year and some rotations training on a team or through REC It Volleyball. 8th, 9th, JV Team athletes accepted	Saturday: 12:10pm- 1:30pm (11/1-12/13) SAT: Rotations 2 (CLIFT) 2025	Thursday: 7:30pm- 9:00pm (11/6-12/13) THURS: Rotations 2 (MET) 2025	Monday: 7:30pm- 9:00pm (11/3-12/13) MON: Rotations 2 (SP) 2025

CLIFTON
NOV- DEC
2025
CALENDAR

(11/1-12/20) SAT: AM Intro to Tournaments (CLIFT) 2025

CLIFTON SPORTS AND FITNESS CLUB: [199 Scoles Ave, Clifton, NJ 07012](#)

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Practice Info



PRACTICE INFO:

- **Practice Location:** Clifton Sports and Fitness Club
- **Address:** [199 Scoles Ave, Clifton, NJ 07012](#)
- **Practice Time:** 9:30am- 10:50am
- **Practice Dates:** 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6 (NO 12/13) tournament 12/20
- **No Practice:** 11/29 or 12/13

TOURNAMENT INFO:

- **Date:** Saturday, December 20, 2025
- **Time:** 9:30am-3:00pm
- **Location:** All Season Sports Academy
- **Address:** [2700 Hamilton Blvd, South Plainfield, NJ 07080](#)
- **Waiver:** [\(Click here\)](#)

Price: \$325.00

Athlete Requirements

GENERAL INFO:

- **AGES:** (Girls 11-15) & (Boys 10-12)
- **EXP:** at least 6 months of basic gameplay practice
- **FORMAT:** 5 practices and 1 tournament (skill prerequisites below)
- **PRACTICE DURATION :** 1hr 20 min
- **TOURNAMENT:** YES! They get 1 tournament with at least 5 games competing with other REC It Teams at that level!
- **DESCRIPTION:** Athletes will learn skills such as swing blocking, transitioning, diving, serve receive, perimeter defense, Setter coming from the backrow, and jump serving/ Spot Serving, and apply it in a tournament with other REC It Intro to Tournaments (No rotations) students from our other locations. The teams will be similar in level because all Intro to Tournaments classes follow the same lesson plan.

PREREQUISITE: (Taught in Beginner)

- **Transition:** Block at the net then move 10 ft back to hit
- **Desire to Set in gameplay:** Athletes will be learning a more advanced style of setting, coming from the backrow. The athletes will set in practice to encourage setting in the tournament.
- **Overhand Serving:** can serve over from half court .

UNIFORM INFO:

- **Rented and returned same day:** REC It Volleyball will assign the athletes to a team. The team will borrow a long sleeve uniform for the tournament and return it before leaving. If it is not returned or stained from food you will owe REC It \$75.00 to replace the jersey.
- **Cleaning:** The uniforms are washed after every tournament with Tide: Hypo-allergenic pods and dried with hypo-allergenic Dryer Sheets.
- **Bottoms:** we recommend athletes wearing Black, Navy, or dark gray bottoms (spandex, leggings, shorts etc.) there is no color requirement but we have very colorful uniforms and neutrals look better and tend to make the athletes feel more comfortable

SPECTATORS:

- Metal folding chairs are provided. You can bring your own chair if desired.
- Outside food is not allowed in the facility. The facility has a snack stand. If you pack a lunch, it needs to be eaten outside or in the car.
- Please have the athletes wear a shirt over their uniform while eating to avoid staining.

(11/1-12/14) SAT: Rotations 1 (CLIFT) 2025

CLIFTON SPORTS AND FITNESS CLUB: [199 Scoles Ave, Clifton, NJ 07012](#)

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Practice Info



PRACTICE INFO:

- **Practice Location:** Clifton Sports and Fitness Club
- **Address:** [199 Scoles Ave, Clifton, NJ 07012](#)
- **Practice Time:** 9:30am- 10:50am
- **Practice Dates:** 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6 (NO 12/13) tournament 12/14
- **No Practice:** 11/29 or 12/13

TOURNAMENT INFO:

- **Date:** Sunday, December 14, 2025
- **Time:** 9:30am-3:00pm
- **Location:** All Season Sports Academy
- **Address:** [2700 Hamilton Blvd. South Plainfield, NJ 07080](#)
- **Waiver:** [\(Click here\)](#)

Price: \$325.00

Athlete Requirements

GENERAL INFO:

- **AGES:** (Girls 12-16) & (Boys 11-14)
- **EXPERIENCE:** 10 months of gameplay/tournaments:
- **FORMAT:** 5 practices and 1 tournament
- **PRACTICE DURATION :** 1hr 20 min
- **TOURNAMENT:** YES! They get 1 tournament with at least 5 games competing with other REC It Teams at that level!
- **DESCRIPTION:** Athletes will learn the movements and terms. They will stay in 1 of the 6 rotations and switch positions as they rotate to help them decide which position they like. The setters will come from the back row. ALL ATHLETES ARE REQUIRED TO SET IN THE TOURNAMENT

PREREQUISITE:

- Passing score on the placement quiz [\(click here\)](#)
- **Swing Blocking:** specific footwork to move to block hitters to your right and left
- **Transition:** Block at the net then move 10 ft back to hit
- **Setting from the back row:** after serving, they run up and forward set the middle or outside or back set the right side hitter

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(11/1-12/6) SAT: AM Beginner Practice (CLIFT) 2025

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Practice Info



PRACTICE INFO:

Practice Location: Clifton Sports and Fitness Club

Address: [199 Scoles Ave, Clifton, NJ 07012](#)

Practice Time: 10:50am- 12:10pm

Practice Dates: 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6

No Practice: 11/29/2025

Price: \$265.00

Athlete Requirements

GENERAL INFO:

Athletes from surrounding towns are welcome

Gender: (Girls 10-14) and (Boys: 9-12)

Experience: Less than 6 months of formal training

Description: Athletes will learn fundamental skills such as passing, forward and back setting, hitting, serving, transitioning and basic gameplay.

ATTIRE:

- **Kneepads** are required on the second week of practice. Dick's Sporting Goods has many sizing options
- **Hair:** Any Hair under Chin Length Should be pulled out of their Face
- **Sneakers:** (Avoid Lifestyle Shoes like Converse and Airforces if possible- We find that many athletes slip in these shoes and get foot pain- Running, Volleyball, or Athletic-Friendly Basketball Sneakers are recommended but not required.
- **Clothing:** (they will be rolling and laying on the ground often)
 - **NOT ALLOWED:** crop tops, Jean shorts, skirts, Crocs, tank tops with stretchy straps
 - **ALLOWED:** T-shirts (long and short sleeve), Athletic shorts and spandex, squat proof leggings, sweatpants, sweatshirts, arm sleeves

(11/1-12/13) SAT: Rotations 2 (CLIFT) 2025

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Practice Info



PRACTICE INFO:

- **Practice Location:** Clifton Sports and Fitness Club
- **Address:** [199 Scoles Ave, Clifton, NJ 07012](#)
- **Practice Time:** 12:10pm- 1:30pm
- **Practice Dates:** 1/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6 tournament 12/13
- **No Practice:** 11/29

TOURNAMENT INFO:

- **Date:** Saturday, December 13, 2025
- **Time:** 9:30am- 3:00pm
- **Location:** All Season Sports Academy
- **Address:** [2700 Hamilton Blvd, South Plainfield, NJ 07080](#)
- **Waiver:** [\(Click here\)](#)

Price: \$325.00

Athlete Requirements

GENERAL INFO:

- **AGES:** (Girls 13-17) & (Boys 12-14)
- **EXP:** 1 year of gameplay/tournaments- Some prior rotations training
- **FORMAT:** 5 practices and 1 tournament
- **PRACTICE DURATION :** 1 hour 20 min
- **TOURNAMENT:** 12/13 be available between 9am-8pm, time TBD

PREREQUISITE:

Needs understanding of terms like:

- Rotational position
- 90 degree rule
- Defense Standby
- Serve /Serve Receive Positioning
- how the 90 degree rule determines their placement..

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