



Winter UKnighted Volleyball Volleyball & Coachability Program

1st to 4th Grade

5th to 8th Grade

*Building confidence and coachability with an emphasis on
volleyball skills.*

For Whom: Elementary/middle school girls and boys who want to start or improve on their volleyball skills through repetition and proper technique. These skills will be developed in a fun and positive environment. Coaches will also build players' confidence and learn how to be a coachable player through our E.T.A. philosophy - Effort, Teamness, Attitude.

UKnighted Program Information

Two age groups: 1st to 4th grade and 5th to 8th grade.

Winter Season Practices

Grades 1st to 4th - 1:00 - 2:30 p.m.

Grades 5th to 8th - 2:30 - 4:00 p.m.

Dates (8 Meetings)

November 2, 9, 16

December 6, 14, 21 (one Saturday)

January 11, 25

[Click here to register](#)

Where: Practices at The Bishop's School - 7607 La Jolla Blvd La Jolla, CA 92037

Coaching: Experienced coaching, led by Paula Ryan and other experienced coaches.

Spring Season Costs

\$300 for 8 week program

Questions? Contact

Coach Sarah - ljkassist@gmail.com Coach Jackie - ljkvbc@gmail.com