



EDEN PRAIRIE GIRLS RECREATIONAL VOLLEYBALL



Recreational Volleyball is open to all girls entering the 3rd through 8th grades. The only requirements are a good pair of gym shoes, knee pads, the willingness to work hard and have fun while playing volleyball. We supply the rest.

Our **PHILOSOPHY** is to emphasis participation and performance and not winning. We will stress the **FUND**amentals of volleyball and sportsmanship in a safe and enjoyable environment.

The Recreational Volleyball is a fall sport. The **SEASON** runs from the first week in September to the first Saturday in November. Practices or games are twice a week on Thursday evenings and Saturday mornings.

PROGRAM HIGHLIGHTS

PRACTICE WITH EP HIGH SCHOOL VOLLEYBALL TEAMS

We schedule 3 to 4 practices with the EP high school volleyball players and coaches. This has been voted the girls favorite activity of the program. Here the girls learn volleyball skills from some of the best. Our high school players are great role models for our young athletes.

HIGH SCHOOL VOLLEYBALL GAMES

We skip practice one night and all go to a Eden Prairie High School Volleyball game. The game is preceded by a pep rally with the EP cheerleaders. Lot of good loud fun. All Recreational Players and Coaches get free admission to all games.

U of M VOLLEYBALL GAME

On a Saturday night in October the whole program is invited to go to a U of M Volleyball match. We have upwards of 300 people go each year. All EP players given a free ticket and after the match the girls will have the opportunity to get autographs, pictures and posters from the U of M volleyball team.

TOURNAMENT AND PIZZA PARTY

The volleyball season wraps up with a giant volleyball tournament at the EP Activity Center. Here we turn up the intensity with a few hour of nonstop action. This is followed by our end of season **Pizza Party**. The whole family is invited.