

Teaching girls to:

play hard

play smart

play to have fun!



## CLUB DIRECTORS

**Alicia Murray**

*Yonkers High School Coach*

**Georgia Efthalitsides**

*Head Varsity Coach, Ursuline  
Head Coach, College of New Rochelle*

## PROGRAM COORDINATOR

**Raquel Sanchez Shaffer**

*Head Coach, Nyack College*



**Alpha Gamma Volleyball**

PO Box #8675

Tarrytown, NY 10591

914-610-5876

[AlphaGammaVB@aol.com](mailto:AlphaGammaVB@aol.com)

[www.alphagammapvolleyball.org](http://www.alphagammapvolleyball.org)

*Alpha Gamma Volleyball  
is a Not-for-Profit Organization*



**Do you love Volleyball?**

**Are you interested in  
becoming an All-Star?**

**Want to compete with  
players from all over the  
United States?**

**Then we have  
the club for you!**

## About Alpha Gamma

Alpha Gamma is a non-profit organization whose objective is to give girls the opportunity to play Junior-Olympic level volleyball.

This organization has been able to offer clinics geared from modified through varsity level players and has recently expanded to create a Co-ed league for adults.

Alpha Gamma is offering girls the opportunity to workout and play for a reasonable price. Each player receives an opportunity to advance her game and bring their school district's interscholastic athletics to a more competitive level of play. This is accomplished by having the athletes play for more of an extended season than the eight weeks that they are used to and in a variety of tournaments

(many times meeting players from across the country).



**Check the website  
[www.alphagamnavolleyball.org](http://www.alphagamnavolleyball.org)  
for updates and changes!**

## Skills We'll Focus On:

Teaching the volleyball skills needed for all positions;

Teaching Unity;

Teaching self-discipline;

Teaching respect;

Teaching Team Work

*It is our belief that working on and acquiring these skills will help these young student athletes to develop into responsible adults.*

All Alpha Gamma team members will receive the following:

- Training by a USA Volleyball certified coach
- at least two practices per week
- entrance into local tournaments
- entrance into travel tournaments
- hotel accommodations for travel tournaments
- a duffle bag
- a warm-up suit
- two uniforms (jersey and shorts)
- two practice uniforms (t-shirt)
- a pair of kneepads
- two pair of volleyball socks
- a pair of volleyball sneakers

## Important Dates & Fees

The season begins with Tryouts on **November 16<sup>th</sup>** and continues through May. Registration & Informational Meeting will be held on both **November 9<sup>th</sup>** & **November 12<sup>th</sup>** @ Sleepy Hollow HS in the cafeteria @ 7pm. You will have an opportunity to register your daughter for tryouts at the end of the meeting. ***Please bring all proper documents with you which are available online.***

### **Pre-registration via e-mail:**

October 1st - November 13<sup>th</sup>. Send checks & documents to Alpha Gamma Volleyball PO Box 8675, Tarrytown, NY 10591.

We are looking to build one team for each of the following levels: 12 and under, 13 and under, 14 and under, 15 and under, 16 and under, 17 and under and 18 and under

Tryouts will begin November 16<sup>th</sup> at Sleepy Hollow High School, 7:00 pm. The tryout fee is \$100 non-refundable (includes GEVA fee). Alpha Gamma will make every effort to keep any player wishing to play regardless of race, religion, or social status. If one does not make the team they will be offered a Practice Player Position to continue working on skills during practices only.

All players must be registered with GEVA prior to tryouts. The fee for the entire club season is between \$800 and \$1875. A payment plan option is available for those interested. In order to assist players having difficulty paying their club fee, Alpha Gamma will offer players the opportunity to participate in fundraising activities.

