

FALL 2009!
AGES 12 AND UNDER CLINICS

The *Junior Digger's* program is designed to introduce and enhance the sport of volleyball to girls ages 8—12, the *Junior Digger's* program will combine team building and skill training together for a memorable experience while allowing players to make new friends! The program will focus on introducing the sport of volleyball through an introduction to the basic skills of serving, attacking, passing and setting. Equipment will be suited to this specific age group. Registration for this program can be found at www.nfvbjuniors.com after August 24th, 2009. Participants have the option of registering for one, two, or all sessions!! We will limit the sessions to a certain number of participants so it is important to specify in advance which sessions you plan to attend. Registration can be completed on-line at www.nfvbjuniors.com/12s-clinics.

Ages: 8—12
Cost: \$7 per session (bring to clinic night)
Weeks: (Thursday's) September 10, 17, 24
October 1, 8, 15, 22, 29)
(Monday's) September 14, 21, 28
October 5, 12, 19, 26
Time: 6:00—7:00pm
Site: Buffalo Niagara Court Center

RESTRUCTURED FOR 2009-2010!
NFVB HOUSE LEAGUE

A 12 week program for individuals that are interested in skill specific training sessions combined with in-house competition. Sessions will be held one night a week and will provide 45 minutes of skill training, followed by 45 minutes of competitive matches against other "house" teams. **NEW for 2010—MASTER HOUSE COACH!!** Check for details at www.nfvbjuniors.com after October 1st.

Weeks: 12 weeks, beginning January 10th, 2010
Dates: Sunday evenings



Mission Statement

The Niagara Frontier Volleyball club was established to expand Junior Olympic volleyball in the WNY region by offering a greater opportunity for competitive play and an enhanced volleyball training experience. Niagara Frontier Volleyball believes that every child should be offered the opportunity to develop skills that will enable them to excel and compete successfully at the interscholastic, regional

NFVB SENIORS
COLLEGE COMMITMENTS!

Twenty-three of the NFVB High School Seniors have been recruited to attend and play volleyball for the following DI, DII, DIII and NJCAA college programs this fall:

U of Rochester, Houghton, Le Moyne, N. Carolina, Canisius, Mercyhurst, Ithaca, Medaille, Dae-man, Nazareth, Hilbert, Keuka, D'Youville, Potsdam, Buffalo State, ECC, NCCC

CONGRATULATIONS SENIORS AND
GOOD LUCK!

WE ARE PROUD OF OUR
2009 Western Empire Regional Champions
NFVB 12's, 13's, 14's, 15's, 16's, 17's

Buffalo Niagara Court Center
425 Meyer Road
West Seneca, NY 14224
www.nfvbjuniors.com

PARENTS INFORMATIONAL MEETING
AND
ON-SITE REGISTRATION

Returning NFVB players must use the on-line registration process to register for 2009 tryouts. The on-line registration will be available in September 2009. (New players to the club are welcome to register on-line as well or register after the parent meeting!)

Site: Buffalo Niagara Court Center
425 Meyer Rd. West Seneca, NY
716-677-9100

Date: **Thursday, October 15th, 2009**

Time: 7:00pm—8:30pm

Go to the web site: www.nfvbjuniors.com for instructions.
Fees and tryout dates will be posted with the registration information.

NFVB TRYOUT INFORMATION

Travel Teams Sun. Oct. 25th.

Local Teams Sun. Nov. 22nd and Sun. Dec. 6th.

House Teams Sun. Dec. 13th.

****Specific tryout times will be posted on our web site by October 1st.***

Cost of attending any of the tryouts is \$75 (covers all tryouts attended). All players wishing to attend NFVB tryouts must complete registration online prior to the deadline posted on the website. New players to the club may wish to register at the parent informational meeting being held on October 15th. Details regarding travel, local and house team programs can be found on our website.

COACHES MEETING

There will be a coaches informational meeting on Sunday, October 4th at 6:00pm at the Buffalo Niagara Court Center. All Niagara Frontier Coaches for the 2009—2010 season must attend. We are still looking for qualified coaches at various levels. If you are interested in becoming an NFVB coach, please contact Rocco Lucci at www.nfvbjuniors.com.

***All dates and times may be subject to change—Please check the NFVB website to confirm all listed information!**