

# RidgeValley VBC

## Lil' Rookies

### 2010 Information Sheet

#### **IMPORTANT DEADLINE:**

RSVP registration via email or by phone ASAP, or you can show up at the door.

Register at [ridgevalleyvbc@gmail.com](mailto:ridgevalleyvbc@gmail.com) or 253-253-569-8075

*TWO OPTIONS FOR 2009-2010 ROOKIES:* \$105.00 for 6 sessions or \$ 20.00 per session.

Spring Sessions: 5:30-7:30pm

March 14, 21

April 4, 11

May 2, 9

\$105.00 for all 6 sessions-spring- (if you are a returning Little Rookie and you refer a friend get \$5.00 off your registration.)

**Includes tee shirt, if already have a tee-shirt subtract \$10.00 from registration**

Or \$20 per session and \$10 for a tee shirt

#### **MINIMUM REQUIREMENTS:**

Must meet all requirements to be accepted into program.

1. You are eligible if you are a 3-6<sup>th</sup> grade girl or a boy and have not yet entered the 7<sup>th</sup> grade.
2. You are eligible if you completed and submitted RV VBC Waiver, RV VBC Lil' Rookie Registration Sheet, and 2009-10 RV VBC Rookie Fee and the concussion form on our website.
3. You are eligible if you have a positive attitude and willing to try what we teach
4. You are eligible if you are physically able to run, jump go to the floor to dig a ball

#### **FEE COVERS:**

1. Minimum of 12 hours of experienced instruction (6 sessions)
2. All-around play
3. RidgeValley Practice Tee Shirt – youth sizes

RV VBC\* P. O. Box 1571\* Snoqualmie, WA 98065\* # 253-569-8075  
[ridgevalleyvbc@gmail.com](mailto:ridgevalleyvbc@gmail.com)\*[www.ridgevalley.org](http://www.ridgevalley.org)