



# *Club Extreme Volleyball*



FORMAL PRACTICES BEGIN JANUARY 3rd, 2010 AT THE MASSILLON RECREATION CENTER

ALL ATHLETES NEED TO BE IN THE GYM AND READY TO PRACTICE AT THEIR TEAM'S SCHEDULED TIME. PLEASE SHOW UP AT LEAST 15 MINUTES PRIOR TO START TIME TO BE PROPERLY DRESSED FOR PRACTICE.

PLEASE DO NOT WEAR SOILED, WET OR SNOW COVER SHOES INTO THE GYM. WIPE OFF YOUR FOOT WEAR PRIOR TO ENTERING GYM. BRING YOUR COURT SHOES AND CHANGE INTO THEM IN THE GYM.

13R-1's PRACTICE TIME	6:00pm TO 7:30pm
14R-1's PRACTICE TIME	6:00pm TO 7:30pm
15R-1's PRACTICE TIME	6:00pm TO 7:30pm
16R-1's PRACTICE TIME	7:30pm TO 9:00pm
16R-2's PRACTICE TIME	7:30pm TO 9:00pm
17R-1's PRACTICE TIME	7:30pm TO 9:00pm

CONTACT YOUR COACH IF YOU ARE UNABLE TO ATTEND PRACTICE DUE TO SICKNESS, WEATHER OR SCHOOL/FAMILY FUNCTIONS

<b>COACH EMAIL</b>	<b>CELL</b>	<b>WORK</b>
KATHY LIGHTFOOT <a href="mailto:VBPAL1@SSSNET.COM">VBPAL1@SSSNET.COM</a>	330-546-4215	330-453-2118 EXT 220102 330-455-4010 EXT 200122
RUTH ANN KENNEDY <a href="mailto:RaKENNEDY03@AOL.COM">RaKENNEDY03@AOL.COM</a>	330-844-0645	
ALISHA ACY-MICKENS	216-780-0069	
NICOLLE LIGHTFOOT <a href="mailto:VBBRAT1222@AOL.COM">VBBRAT1222@AOL.COM</a>	330-209-4647	
DIANE MARZEC <a href="mailto:Dmarzec@TopEchelonContracting.Com">Dmarzec@TopEchelonContracting.Com</a>	330-497-4261	330-454-3508
- CHAPERONE, TEAMS ASS'T		

IF YOU CANNOT GET A HOLD OF YOUR COACH, CALL THE FRONT DESK AT THE RECREATION CENTER AND LEAVE A MESSAGE FOR THE CLUB EXTREME VOLLEYBALL STAFF OR COACH LIGHTFOOT.

MASSILLON RECREATION CENTER

330-832-1621