



VOLLEYBALL CLUB

Thibodaux Regional Health System is excited to announce the formation of the new Thibodaux Regional RISE (Respect, Integrity, Strength, Excellence) Volleyball Club. Thibodaux Regional RISE is dedicated to helping young female athletes ages 3-17 receive advanced training to grow and excel in personal strength and fitness to compete in

local, regional, and national volleyball competitions.

Our coaches work with each player equally and seek to help them succeed through our core principles of combining strength and conditioning, sports nutrition, and injury prevention, while utilizing award-winning volleyball principles and techniques.

Tryouts

Tryout Fee: \$45 | Club Fees range from \$1,250 to \$1,500
Coaches Kui Fletcher and Sandy Fussell will be hosting registration and open tryouts at the Thibodaux Regional Wellness Center Gymnasium on the following dates and times.

OCTOBER 24-25

GROUP	REGISTRATION	TRYOUTS
11U & 12U	12:30-1 PM	1-2:30 PM
13U	2-2:30 PM	2:30-4 PM
14U	3:30-4 PM	4-5:30 PM
10U & MAKE-UPS (ALL AGES) October 25	5-5:30 PM	5:30-7 PM

NOVEMBER 14-15

GROUP	REGISTRATION	TRYOUTS
15U	12:30-1 PM	1-2:30 PM
16U	2-2:30 PM	2:30-4 PM
17U	3:30-4 PM	4-5:30 PM
MAKE-UPS (ALL AGES) November 15	5-5:30 PM	5:30-7 PM

No Tryouts Necessary | Club Fee \$480
Two Divisions: Teenie Tots, Ages 3-5 & Tiny Tots, Ages 6-8 | Boys & Girls Welcome

REGISTRATION	PARENT MEETING
October 25, 5-5:30 PM	5:30-7 PM

Volley Tots

For more information, visit thibodaux.com/rise-volleyball, email kui.fletcher@thibodaux.com or sandra.fussell@thibodaux.com, or call 985-493-4507.



**THIBODAUX REGIONAL
HEALTH SYSTEM**