



PRESS RELEASE

City of Los Alamitos
Contact: Angel Hernandez, Community Services Coordinator
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Released 8/17/23

Los Alamitos Co-ed Youth Volleyball & New Bump Clinic

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department is excited to have one of our most popular youth sport leagues, Co-ed Youth Volleyball, back for the 2023 fall season! This program is catered to grades 4-8 with various practice site locations for your convenience. Whether you are looking to sharpen your skills or just starting your volleyball journey, this league is for you! Two divisions are offered for this league: Spike Division (6th-8th grade) and the Set Division (4th-5th grade). All skill levels are welcome! Games will take place on Friday evenings at the Oak Gym (10821 Oak St.) Practices will be held once per week at local school sites, beginning the week of September 18. The first week of the league is dedicated to practice, with the first game scheduled on Friday, September 29, and ending with the Skills Contest on Friday, December 8. Jersey and award are included in the fee. Registration will close September 10. We can't wait to bump, set, and spike with you come fall!

In addition to our Co-ed Youth Volleyball League, we are also excited to introduce a new Bump Skills Clinic for grades 1-3. This Bump Clinic is a 6-week introductory clinic that is meant to acquaint your child with the basic skills and techniques of volleyball. Taught by Recreation Staff, participants will engage in various drills and activities that will help them develop the fundamental skills needed to excel in the sport. The Bump Clinic will take place on Mondays at the Oak Gym from 6:00 pm – 7:00 pm and will run from September 18 – October 23.

To view practice times and location sites, please visit the Recreation & Community Services website at www.cityoflosalamitos.org/recreation or contact the Los Alamitos Recreation and Community Services Department at (562) 430-1073.

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Los Alamitos

Recreation & Community Services
Creating Quality of Life



Learn the skills and techniques of volleyball, or sharpen your skills, in the Recreation Departments Co-ed Youth Volleyball League. Practice will be held once per week, beginning the week of September 18. The first week is dedicated to practice, with the first game scheduled on Friday, September 29, and ending with the Skills Contest on Friday, December 8. Game schedule will be distributed by September 25. Jersey and award are included in the fee.



Grades 4-8

September 18-December 8

No Practice/Games: 11/6-11/10, 11/20-11/24

10 weeks

Res. \$145, Non-Res. \$150

CODE	PRACTICE SITE	DIVISION	PRACTICE DAY	PRACTICE TIME
FA2329	Oak Gym	Spike (6th-8th grade)	Wednesday	5:30-6:45pm
FA2330	McAuliffe M.S.	Spike (6th-8th grade)	Thursday	3:30-4:45pm
FA2331	McGaugh	Set (4th-5th grade)	Monday	3:30-4:30pm
FA2332	Oak Gym	Set (4th-5th grade)	Monday	6:00-7:00pm
FA2333	LAE	Set (4th-5th grade)	Tuesday	3:30-4:30pm
FA2334	Weaver	Set (4th-5th grade)	Tuesday	3:30-4:30pm
FA2335	Lee	Set (4th-5th grade)	Thursday	3:30-4:30pm

Practice sites, practice times, and game times are subject to change.

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NEW!

BUMP CLINIC

Oak Gym
 10821 Oak St., Los Alamitos

Come and join us for this new addition to our Youth Volleyball Program offerings! This introductory clinic is meant to acquaint your child with the basic skills and technique of volleyball. Taught by Recreation Staff, participants will engage in various drills and activities that will help them to develop the fundamental skills needed to excel in the sport. T-shirt and certificate are included in the fee.

CODE	DURATION	DAY	DATE(S)	TIME	GRADE	RES/NON-RES
FA2336	6 weeks	Mon	9/18-10/23	6-7p	1-3	\$80 /\$85

For more information call (562) 430-1073
 or visit cityoflosalamitos.org/recreation