

RAMS Volleyball

5th & 6th Grade Girls

Spike Nite is a great opportunity for your daughter to learn the sport of Volleyball in a fun and energetic environment. Our goal is to provide a weekly opportunity to learn new skills, create new friendships, and understand what it means to participate in a team sport. Last year was such a huge success that we ask you to mail your entries as soon as possible

Our club teams and coaches will be participating this year as coaches and mentors. The cost includes a T-shirt and as many of the dates you can attend.

Lighter balls are used for this age group to ensure your daughter has a great experience.



Spike Nite Information (Most Fridays in February & March)

Dates: January 29th, February 5th, 12th, 26th March 5th
Time: 6:00 – 7:30 pm
Location: Delaware Elementary
4401 NE 46th Street, Des Moines
Cost: \$35 – Payable to “SEP Volleyball”
Includes a T-Shirt & 5 play dates
Contact: Jim Sixta
Phone: 979-0627 Email: vballsix@aol.com

Please bring completed forms to first night of Spike Nite

Name: _____
Address: _____
Parent's Names: _____
Phone: _____ Emergency Phone: _____
Email Address: _____

Shirt Size
(circle)

YM
YL
AS
AM
AL

By enrolling my daughter, _____, in the camp and signing below, I understand and agree to release the coaches, volunteers, and Southeast Polk School District from all claims on account of any injuries which may occur while attending the camp.

Parent/Guardian Signature: _____

Date: _____