

Force Volleyball Power League



SPRING 2012

FORCE Power League (FPL) was created to provide volleyball players the ability to play at a higher competition level than the Force Power League. This league offers **professional FORCE Club coaches**, uniforms, extended practice time and intra-league matches in tournament format. This league will use a **volleylite ball**.

Key Information

- 4—6 teams will be formed.
- 10 players per team.
- Teams will practice at PSA1 on Monday, Tuesdays, Wednesdays or Thursdays. At tryouts, players will have opportunity to “black out” one or two of the nights stating that they will be unable to practice on a given night.
- Uniform included in price (t-shirt jersey, shorts, practice t-shirt, stuff sack bag)
- Practice once a week for two hours for eight weeks- Practices begin April 9
- Eight week season—**April 9 to June 2**
- Play six to nine matches during season—tournament format only ****All New****
- **Tournament dates—**
 - Season Opener—**April 28**
 - Mid-Season Madness -**May 19**
 - Spring Championship - **June 3** (prizes awarded for winner)

4th-6th Grade

**All New
Playing Format**

Season Fees—\$400 (\$50 discount if you are currently playing on FORCE club , PL or EL team)

How it works

- Sign up in MySam for **one** tryout
- At tryout, tell us which night(s) you are available to practice
- Email invitations to join go out **AFTER** last tryout (before April 1)
- Reply ‘accept position’ to invitation email
- Attend **Signing Night** at PSA 1 to register for league—**Wednesday, April 4 @ 5:30—7:00 p.m.**

Registration

To register for Tryouts go to www.psaplano.org and click on the MySAM link on the top right of the screen. These Tryouts will be listed under **Clinics/Classes**.

If this is your first experience at PSA, then you will need to create a MySAM Account. To do this visit www.psaplano.org and click on the MySAM Login in the top right. It will direct you to create an account. You will then be able to see and register for numerous programs at PSA

FORCE Power League Coaches

- Jennifer Bramlett
- Todd Bramlett
- Heather Stewart
- Michelle Murray
- Julie Scheckel
- Dan Turner
- Gina Kalb
- Shannon Matsumoto
- Sarah Ford
- Jessica Tully-Mitchell

Tryout Information - \$20

- Teams will be formed by selecting players based on skill level, position, and practice availability.
 - Players should come to **one** tryout dressed appropriately for practice. Kneepads should be worn.
 - Volleyballs will be provided. Check in approximately 15 minutes early
- Dates:**
- **Tuesday, March 13 @ PSA 1—7:30—9:00 p.m.**
 - **Tuesday, March 20 @ PSA 1—8:00—9:30 p.m.**
 - **Thursday, March 22 @ PSA 1—8:00—9:30 p.m.**
 - **Wednesday, March 28 @ PSA 1—8:00—9:30 p.m.**

Contact: Jen Bramlett, Assistant Director

Email: jen@dallasforce.com Club Website: www.dallasforce.com Phone: 972/208-3835