



WEST BOYNTON JUNIOR VOLLEYBALL LEAGUE



AUGUST 13TH - OCTOBER 5TH, 2024 | FEE: \$70

6000 Northtree Blvd, Lake Worth, FL 33463 | 561-355-1125

PLAYER EVALUATIONS:

August 13th @ 6:00 pm (Ages 11-13, last name starts with A-L)
@ 7:15 pm (Ages 11-13, last name starts with M-Z)
August 14th @ 6:00 pm (Ages 8-10)
@ 7:15 pm (Ages 14-17)

*age as of 9/01/2024

GAMES: Tuesdays: Ages 8-10 & 11-13
Wednesdays: Ages 14-17
6 Game Season

PRACTICES: Saturdays
*Season ends with
games on Saturday,
October 5th

BENEFITS OF VOLLEYBALL

- **Physical Health:** Regular exercise through sports improves cardiovascular health, strength, flexibility and coordination.
- **Social Interaction:** Team sports promote social skills, teamwork and cooperation. They provide opportunities to make friends and build a sense of community.
- **Skill Development:** Participants learn new skills and improve existing ones, enhancing their overall competence and confidence.
- **Discipling and Goal Setting:** Sports teach discipline, time management, and the importance of setting and achieving goals.
- **Community Engagement:** Participation in local sports programs strengthens community ties and fosters a sense of belonging.

For more information, contact
Lucas Navarrete
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Volunteer
Coaches
Needed



Palm Beach County Board of County Commissioners
Maria Sachs, Mayor, Maria G. Marino, Vice Mayor, Gregg K. Weiss
Michael A. Barnett, Marci Woodward, Sara Baxter, Mack Bernard
Verdenia C. Baker, County Administrator

