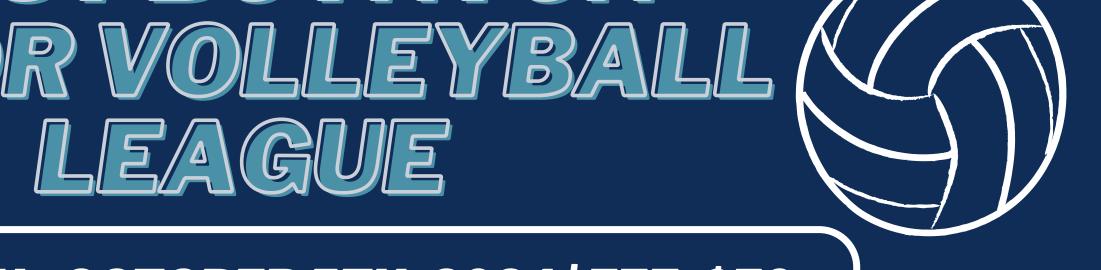


## WEST BOYNTON



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

Tuesdays: Ages 8-10 & 11-13 GAMES:

Wednesdays: Ages 14-17

6 Game Season

PRACTICES: Saturdays

> \*Season ends with games on Saturday,

October 5th

## BENEFITS OF VOLLEYBAL

- 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 (561) 355 - 1125 LNavarrete@pbc.gov

> Volunteer Coaches Needed





