



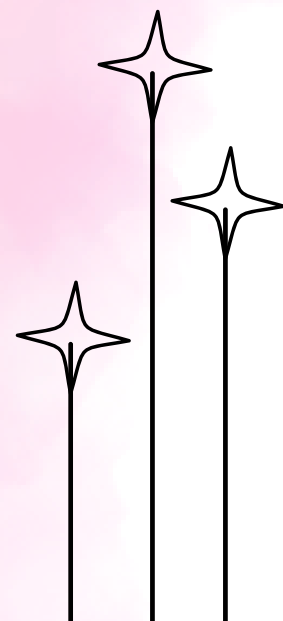
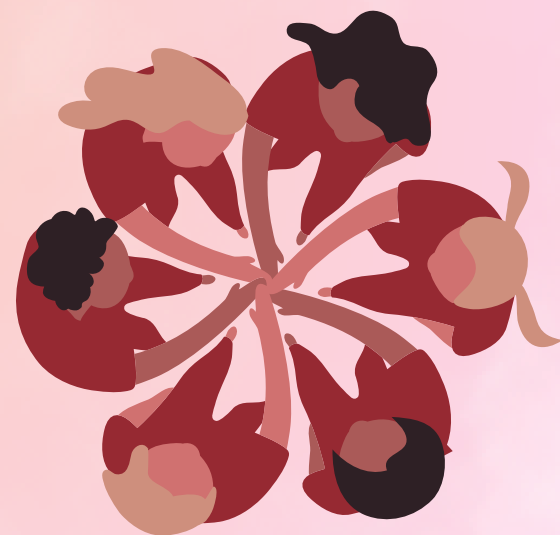
Welcome to Starlings South Central! We are happy to welcome you the 2025/26 season! Here are some information about this season.

Age groups: 12,14,16,18

This year we are committed to having a great year and for that happen we will be ask help from both players and parents.

What is expected from you as a player? Dedication to your team win or lose, commitment to your teammates and coach, and heart at every practice and game.

How can parents help? Get involved: learn some volleyball cheers, communicate about snacks with other parents, and win or lose let's have good energy!



### Payment Plan

Every age group is calculated at a different price .

This Season will cover:

- Player and Team Regustration
Player Registration
Tournaments
Gym Time
Uniforms

November: Down payment of \$150 ALL AGE GROUPS

Table with 2 columns: Age Group (12, 14, 16 and 18) and Monthly Payment details for December and Jan-Mar.

OR

Table with 2 columns: Two Month Payment Plan and Two Month Payment Plan details.

No Refunds, No exceptions

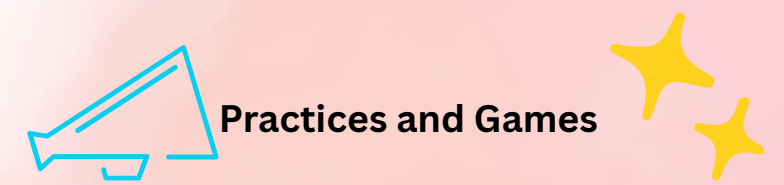
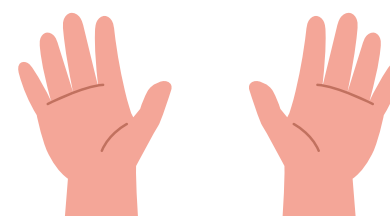
As of now we will be taking cash. All cash must be put into envelopes with Player name, age group, month.

EX: Vanessa Gomez 12U Down Payment Further down this season Zelle will be added as another form of payment, when you zelle description needs to be like the example above.

### Fundraisers!

There will be a couple of fundraiser we will be doing this year to help keep down costs. These fundraisers will help with buying equipment, and to help cut cost for the season.

Fundraising we ask that everyone participates and encourage it!



### Practices and Games

Players need to arrive 10-15 mins before practice starts.

Ex: Practices Starts at 8am you should be getting at the gym by 7:45/7:50am by 8am you should be on the court ready,

Come to practices ready to learn and grow as a player to do that let's make sure we are eating good the night before and morning of.

Attitude:

Your energy matters! When you walk into the gym come in ready to give 100% effort to your team, and also to yourself.

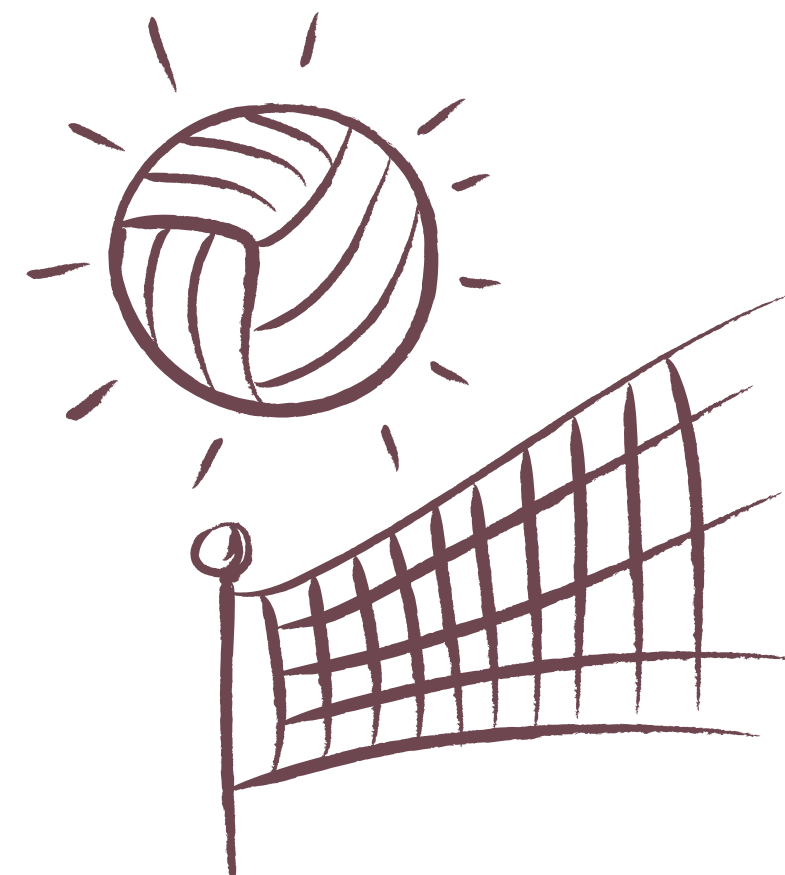


### Snacks

For the younger groups we do ask for parents to participate in snack rotation with other parents. Tournaments days are very long, healthy and nutritious snacks are recommended.

For the older groups snacks will be discussed as a group.

Snacks/meals can be costly at tournament locations, bringing snacks help cut those cost.



## Player Registration



Let's have these done before first practice!



★ Starlings Parent/Player handbook read thoroughly then print sign last page and turn in.

★ SCLA Contract and Commitment letter

★ Register on the league app

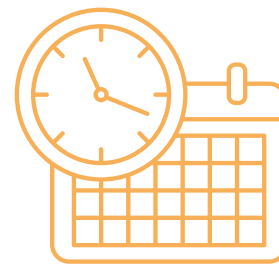
★ SCSN Player membership

★ JVA Membership

Registration links will be on our websites!



## Schedule



Schedule is subject to change throughout the season.

Schedule can be found on league app and each coach will send a universal schedule

Practice and tournaments will be held over the weekend please plan accordingly once given schedule.

Tournament Days be mindful it is roughly 6-8 hours

Every player is to stay until the very end. We arrive as a team we leave as team.

Any player that leaves before excused will be benched a set for next tournament.

Volleyball is a commitment. and it takes a lot of dedication! Let's make this year fun!

## Resources

Website  
South Central Los Angeles Starlings

Email  
sideoutstarling@gmail.com

Instagram  
starling\_southcentral



*Let's soar together!*