



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RAPPAHANNOCK VOLLEYBALL INTER Y LEAGUE

AGES 13-18—FALL 2025

CAROLINE Y, KING GEORGE Y, MASSAD Y, RON ROSNER Y

**Inter Y League** will include all four of the Y locations of the Rappahannock Area YMCA. Each Y branch will host their own volleyball team. Practices will take place at your own Y branch location. Competition match play, against the other Y branch teams, will take place at different Y branch locations. Players will improve skills, learn game structure and strategy through drills and play. There will be a strict, equal playing-time structure, during competition match play. Includes game shirts and participation medals. Players can only be on one Inter Y League team. This is a developmental and competitive league.

## Caroline Family Y:

Five 1 hour and 30 minute practices, plus competition days. \$90 Y Member/\$110.00 Non  
Keeyana Johnson: [kjohnson@family-ymca.org](mailto:kjohnson@family-ymca.org)

## King George Family Y:

Five 1 hour and 30 minute practices, plus competition days. \$90 Y Member/\$110.00 Non  
Erin Reiley: [ereiley@family-ymca.org](mailto:ereiley@family-ymca.org)

## Massad Family Y (Stafford):

Wednesday Practices 7:00-8:30pm: 11/5, 11/12, 11/19 (skip 11/26), 12/3, 12/10, plus competition days  
\$90 Y Member/\$110.00 Non  
Marian Stensrude: [mstensrude@family-ymca.org](mailto:mstensrude@family-ymca.org)

## Ron Rosner Family Y (Spotsylvania):

Friday Practices 6:30-8:00pm: 11/7, 11/14, 11/21, (skip 11/28), 12/5, 12/12, plus competition days  
\$90 Y Member/\$110.00 Non  
Lewis Geter: [lgeter@family-ymca.org](mailto:lgeter@family-ymca.org)



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