



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RAPPAHANNOCK VOLLEYBALL INTER Y LEAGUE

AGES 10-12—WINTER 2026

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

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

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

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



[REGISTER](#)

