Alpenglow Juniors

November & December 2026

City Life Gym, Missoula | All times Mountain Time

$385 includes all training dates, both specialty Saturdays, the finale, and one Athlete + Coach Match Night. A second match night is free if space allows. Volleyball is not included.

Date	Time	Session
Fri, November 13	4-5:30 PM	Training & Live Play
Sat, November 14	12:30-2:30 PM	Blocking & Attacking lab + Team Application & Live Play
Fri, November 20	4-6 PM	Athlete + Coach Match Night - Option 1
Fri, December 4	4-5:30 PM	Training & Live Play
Sat, December 5	5-7 PM	Athlete + Coach Match Night - Option 2
Fri, December 11	4-5:30 PM	Training & Live Play
Sat, December 12	12:30-2:30 PM	Setting OR Defense lab + Team Application & Live Play
Fri, December 18	4-5:30 PM	Training & Live Play
Sat, December 19	12:30-2:30 PM	Fall Finale

Specialty Saturdays: Lab instruction 12:30-1:30 PM; coached Team Application & Live Play 1:30-2:30 PM. Choose Setting or Defense on December 12; separate coaches lead simultaneous groups.

Match nights: 45 minutes of practice, one hour of match play, then 15 minutes for wrap-up. Pickup is 6 PM on November 20 or 7 PM on December 5.

Optional viewing: Adult coed 4v4 follows November 20, 6-7 PM, and December 5, 7-8 PM. Viewing with a parent or guardian is subject to space and confirmation. Athlete pickup times remain unchanged.

December 19 finale: The finale is scheduled either way. An optional bring-a-friend theme is being considered; guest signup and City Life waiver details will follow if offered.

Already registered for continuation? No need to register again. Ashley will adjust your invoice to reflect the updated package.

Questions or attendance updates: **ashley@alpenglowperformance.com**