

2019 Fall Monday Power Women's D4 Volleyball League



<u>Team Name</u>	<u>Managers Name</u>	<u>Phone Numbers</u>
1. Just Us Girls	Kim Ferguson	612-269-2385
2. Take Five	Peggy Larson	763-325-7337
3. Heart Attackers	Carom Ollman	763-486-5373
4. 6-Pack	Jodi Blais	612-759-9570
5. Nutty Netters	Becky Smith	763-234-3338
6. Girls Night Out	Carol Schmitz	763-433-4011

View schedules and standings on the internet at: <http://anoka.k12.mn.us/Page/995>

- ** Games played at **Anoka MS-FM – Gym #1 (FM1)** – 1523 – 5th Ave in Anoka
- ** All Teams need to help with the set up and take down of the volleyball nets and standards.
- ** All matches have a one-hour time limit. Included in that time is 5 minutes for warm-up and 55 minutes for play.
- ** Four games in a match (will be using Rally Scoring), and played up to 21 points (23 point cap). All games will count in the standings.
- ** Standings can be heard by calling the Standings hotline at 763-506-7840, or on the web. (www.eteamz.com/ahce-sports).
- ** Each team must supply an official size and weight volleyball that could be used in the match.

Practice Night (No Referees)

Week #1 Sept 16

1 vs 2 at 6:30 pm – FM1
4 vs 3 at 7:30 pm – FM1
5 vs 6 at 8:30 pm – FM1

Week #2 Sept 23

6 vs 4 at 6:30 pm – FM1
2 vs 5 at 7:30 pm – FM1
3 vs 1 at 8:30 pm – FM1

Week #3 Sept 30

5 vs 3 at 6:30 pm – FM1
4 vs 1 at 7:30 pm – FM1
2 vs 6 at 8:30 pm – FM1

Week #4 Oct 7

3 vs 2 at 6:30 pm – FM1
1 vs 6 at 7:30 pm – FM1
4 vs 5 at 8:30 pm – FM1

Week #5 Oct 14

5 vs 1 at 6:30 pm – FM1
6 vs 3 at 7:30 pm – FM1
2 vs 4 at 8:30 pm – FM1

Week #6 Oct 21

4 vs 3 at 6:30 pm – FM1
5 vs 6 at 7:30 pm – FM1
1 vs 2 at 8:30 pm – FM1

Week #7 Oct 28

2 vs 5 at 6:30 pm – FM1
3 vs 1 at 7:30 pm – FM1
6 vs 4 at 8:30 pm – FM1

Week #8 Nov 4

4 vs 1 at 6:30 pm – FM1
2 vs 6 at 7:30 pm – FM1
5 vs 3 at 8:30 pm – FM1

Week #9 Nov 11

1 vs 6 at 6:30 pm – FM1
4 vs 5 at 7:30 pm – FM1
3 vs 2 at 8:30 pm – FM1

Week #10 Nov 18

Single Elimination
Playoffs

Turn over for league information