

Easy to read but hard to follow competition guidelines...

1. Follow our competition guidelines so that you don't stick out like a sore thumb...
2. Get ready the day before, not the morning of.
3. Improve each time out!
4. Respect your team-mates AND opponents.
5. The competition captain ALWAYS acknowledges and shakes the hand of the 1st referee post match...ALWAYS!
6. Never bail on your team, ever!
7. Enjoy the process and have fun...the memories will last you a lifetime and you can be part of our USA Michigan Volleyball Alumni Project!



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