



Volleyball Session 1

2026 – 3H/3L/2H

3H/3L/2H Teams and Contact Information			
Team #	Team Name	Team Captain	Phone Number
Team 1	No Layups 2H	Roosevelt Stallings	5732302465
Team 2	Heis Heis Baby 2H	Jeff Heisler	5736949886
Team 3	Net Working 2H	Rachel Rissler	5732307157
Team 4	Short Staffed 3L	Emily Lottmann	5737894361
Team 5	Beards and Babes 3L	Kyle Maddox	5736804681
Team 6	Diggin Divas 3L	David Litfin	5736907165
Team 7	Casual Sets 3L	Byron Moseley	5734156731
Team 8	Set Ninjas 3L	Josh Scott	5736457133
Team 9	S.H.R. 3L	Steve Sandbothe	5732914003
Team 10	Setually Frustrated 3H	Makenzy Henke	5736946182
Team 11	Chewblocka 3H	Angela Bax	5732202963

Time	Court	9/10/26	9/17/28	9/24/26	10/1/26	10/8/26	10/15/26	10/22/26	10/29/26	11/5/26	11/12/26
6:00 PM	Gym 1	4-7	2-4	11-7	1-4	1-2	4-3	5-10	5-9	8-4	6-1
6:00 PM	GYM 2	10-5	6-7	1-5	3-5	6-8	8-10	3-2	3-7	5-2	5-7
7:00 PM	Gym 1	3-1	8-5	9-8	7-10	7-3	6-9	11-6	10-6	11-10	9-11
7:00 PM	GYM 2	8-2	6-3	4-5	8-5	11-5	11-10	9-4	4-1	7-2	8-7
8:00 PM	Gym 1	9-6	11-10	10-6	11-9	10-9	2-5	1-8	8-11	9-6	10-4
8:00 PM	Gym 2	8-11	1-9	3-2	2-6	11-4	1-7	7-4	2-1	1-3	3-2

1. All games are played on the gym courts 1 and 2 at the Firley YMCA on Ellis Blvd.
2. Three games are played up to 25 with a 27 point cap. Rally scoring is used.
3. Jewelry may not be worn at any time. Religious and medical alert medals may be worn. However, religious medals must be taped and worn under the uniform. A medical alert medal must be taped to the uniform and may be visible.
4. First occurrence of jewelry having to be removed will result in a warning. The second occurrence, resulting in the game being stopped, will result in the team losing a point. Should a team be stopped for a third time, the game will be forfeited.



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5. Game time is forfeit time. If a minimum of 4 players (2 girls & 2 guys) are not present at the scheduled time; it will be an automatic forfeit.
6. All teams need a minimum of 4 players (2 girls & 2 guys) to complete a match.
7. Please remember to conduct yourself in a professional manner while playing and observing at all YMCA sporting events.