

CMVBC "Sisters" in Volleyball

Below, the CMVBC 15-1 team and the CMVBC 17 White team have some fun after just competing against each other in the Capital Blast home tournament (17's division). The 15-1 players also recently helped out at a CMVBC 12-2 practice, demonstrating court position and rotations to the younger players.

This is what makes club volleyball special...

