

## JULY

### SUNRISE SPOTLIGHT



Our spotlight for the month of July is on Gary Oversen. Now in his 3rd year as our Junior Giants Commissioner, Gary and his team have gone above and beyond in making the league an experience every single participant won't forget. Gary has also been an excellent coach for us in multiple other sports that we run here at Sunrise. Thank you Gary for all that you do!!

### ATTENTION

*We have made some new and exciting changes to our many Middle School Sport Leagues including offering both a Girls (Fall) & Boys (Spring) Volleyball League(s). Some of the start dates for the leagues have been changed as well so please make sure you visit our website [HERE](#) and keep receiving our monthly newsletters to stay up to date!!*

#### Coaches Quote of the Month:

"The greatest glory in living lies not in never failing, but in rising every time we fall" -Nelson Mandela

#### Volunteer To Coach!

With just a few hours of your time, you can help make a long lasting impact on our hundreds of young athletes.

Call (916) 725-8843 or email [rbozzalla@sunriseparks.com](mailto:rbozzalla@sunriseparks.com) or click [HERE](#)

### UPCOMING PROGRAMS



#### BASKETBALL ROCKS CLINICS

Saturdays July 20th - August 10th  
Ages 4 - 9 years old  
To learn more click [HERE](#)



#### MIDDLE SCHOOL GIRLS VOLLEYBALL LEAGUE

August 27th - November 1st  
Girls 6th - 8th grade  
To learn more click [HERE](#)



#### NFL FLAG FOOTBALL LEAGUE

September 7th - November 9th  
Boys and Girls ages 6 - 14 years old  
To learn more click [HERE](#)

#### BASKETBALL TRAINING W/ MICHAEL SHAW

Saturdays September 28th - October 12th  
Boys & Girls 12 - 15 years old  
To learn more click [HERE](#)

