



# KRVA Winter Training Bingo



**Challenge:** Complete 5 in a row (across, down, or diagonal) to stay sharp this winter! Mark off your squares as you go – winners earn bragging rights and a stronger game.

**Bonus Challenge:** Complete the entire bingo card and send us a photo of you and your bingo card by April 1, 2026 to earn a chance to win a prize from KRVA!! Send photo to [staff@krva.org](mailto:staff@krva.org)

HIT 10 SERVES IN A ROW	PASS 25 BALLS AGAINST A WALL	CHEER ON ANOTHER TEAM FROM YOUR CLUB	DO A 30-SECOND PLANK	TEACH A FRIEND HOW TO PASS
STRETCH FOR 10 MINUTES	WRITE DOWN YOUR 2026 VOLLEYBALL GOALS	PRACTICE APPROACH JUMPS X 20	DO 15 PUSHUPS	MESSAGE A TEAMMATE "GOOD LUCK THIS SEASON!"
20 WALL SETS WITHOUT DROPPING	DO A 1-MILE JOG OR WALK	FREE SPACE - VOLLEYBALL ROCKS!	VISUALIZE YOUR PERFECT SERVE	CLEAN YOUR GEAR BAG
15 MINUTES OF BALL CONTROL DRILLS	FOLLOW A KRVA SOCIAL MEDIA POST	DO 30 SQUATS	PRACTICE SERVES OUTDOORS	REVIEW YOUR LAST TOURNAMENT HIGHLIGHTS
TRY A NEW SKILL OR MOVE	DO 10 BURPEES	CREATE A VOLLEYBALL PLAYLIST	HIT 50 FOREARM PASSES	THANK YOUR COACH OR PARENT FOR THEIR SUPPORT

