

2010 SUMMER INFORMATION FOR GIRL'S VOLLEYBALL

I. OPEN GYMS (all will last from 9 – 11 AM in the auxiliary gym of WBHS)

- July 20
- July 22
- July 26
- July 28
- July 30
- **THESE DATES ARE TENTATIVE BASED ON CONSTRUCTION AT WBHS**

II. TRYOUTS (JV will run from 8 until 10 AM; varsity from 10 AM until noon)

- August 02
- August 03 (first cuts)
- August 04 (final cuts)
- **IN ORDER TO ENTER THE TRYOUT GYM, an athlete MUST have a physical date after June 01, 2010 on file**

III. PRACTICES

Practices will be every weekday throughout August probably in the mornings. Athletes intending to play on the team will need to make the appropriate arrangements to get to and from practice. Once school starts, practices will be outside of school hours. Athletes who make the team are expected to attend every practice.

IV. FUNDRAISERS

All athletes will be expected to participate in fundraising. Fundraisers will most probably include (but not be limited to): WBHS athletic discount cards and a carwash.

Last year's fundraising is going towards new volleyballs and new uniforms this year.

V. MATERIALS NEEDED FOR A NEW SEASON

Athletes are expected to purchase their own "uniform" spandex through the team at cost. Usually the prices runs between 20 and 25 dollars per pair of shorts. Also, proper athletic shoes and clothing will be required at practice and try-outs. For volleyball, this usually includes knee pads and/or ankle braces.

VI. PHYSICALS

All athletes must have a completed physical for this school year to enter the gym to try-out. That means dated after June 1, 2010 and signed by a doctor. The school offers a \$15 physical exam on Thursday June 10th for any student.

VII. SUMMER PLAY OPPORTUNITES

- **CAMPS** – All ladies interested are encouraged to attend a summer camp that many of the area colleges and universities put on. There is also a "sand camp" that Coastal is being run at the oceanfront
- **LEAGUE** – TVA is offering a summer league. Unfortunately, VHSL rules don't permit any coach to be involved with the team. However, this would be an excellent opportunity to play against other teams in the area, particularly since our gym is going to be closed from June through July 20th.
- **BEACH** – there are several leagues, including some catered to younger players, run through TVA and Volleyball Virginia. There are also weekend tournaments as well as open play when the nets are not otherwise in use. Playing sand volleyball (in a competitive environment) is an excellent way to work on ball control skills and develop ankle and leg strength for a players vertical and lateral movements.
- **CLUB TEAM TRYOUTS** – several groups, including VBVBA, CVVC, Beach juniors, and Beach Elite offer the ability to be trained and coached year round in a volleyball specific environment. Several of our players tend to participate in these clubs and added exposure to high level coaching and play gives them an advantage over those who don't participate. Clubs usually have tryouts on the weekends towards the end of July and early August.

VIII. ON YOUR OWN

Players who want to try out for a WBHS volleyball team should come to tryouts in the best shape possible. This means spending the summer making healthy diet choices and working out on your own to prepare yourself to have a successful season. Players who come into the season out of shape only slow down the team as the coaches have to "condition" them into better shape. Taking the opportunity to train and play on the beach is an excellent way to do this.