

St. Joe High School Winter/Spring/Summer 2010

Volleyball Workouts

The volleyball winter/spring/summer workout schedule is listed below. All girls interested in trying out next year 8th – 11th grades are encouraged to participate. The St. Joseph volleyball staff is looking forward to seeing the progress you have made in the off season. Although these workouts are not mandatory it is strongly suggested that you participate as frequently as possible. Looking forward to a great 2010-2011 season.

Physicals: Wednesday June 2nd @ SJ Field house 5:00PM \$25.00

Wednesday Aug 4th @ SJ Field house 5:00PM \$25.00

You must have a physical on file in office to attend tryouts. No player will be allowed to tryout without this.

Winter Conditioning:

January 4th-April 28th

Monday and Wednesday mornings 6:30AM-7:30AM @ Field House

Spring Conditioning:

May 3	Monday	6:30AM-7:30AM	Conditioning
5	Wednesday	7:00PM	PARENT/PLAYER MEETING@FH
6	Thursday	5:30PM-7:30 PM	Open Gym
10	Monday	6:30AM-7:30AM	Conditioning
12	Wednesday	6:30AM-7:30AM	Conditioning
13	Thursday	5:30PM-7:30 PM	Open Gym
17	Monday	6:30AM-7:30AM	Conditioning
19	Wednesday	6:30AM-7:30AM	Conditioning
20	Thursday	5:30PM-7:30 PM	Open Gym
24	Monday	6:30AM-7:30AM	Conditioning
26	Wednesday	6:30AM-7:30AM	Conditioning
27	Thursday	5:30PM-7:30 PM	Open Gym
31	Monday	6:30AM-7:30AM	Conditioning
June 2	Wednesday	6:30AM-7:30AM	Conditioning

Summer Conditioning: Note Tuesday conditioning may be switched from 3-5PM to 5-7PM. This will be determined at a later date.

June 7-11 3:00PM-9:00PM **TEAM CAMP** elem,ms,hs Open to all schools
(Varsity and Junior Varsity members will be selected to work this camp)

14	Monday	7:00AM-9:00AM	Agility/Skills
15	Tuesday	3:00PM-5:00PM	Agility/Skills

16	Wednesday	5:30PM-7:15PM	Pool/Track
17	Thursday	10:00AM-12:00PM	Beach Day
21	Monday	7:00AM-9:00AM	Agility/Skills
22	Tuesday	3:00PM-4:30PM	Pool/Track (3-3:45 Track/3:45-4:30Pool)
23	Wednesday	5-7PM SCRIMMAGE VAR @ALLEGAN/ JV/FRESH @OTSEGO	
24	Thursday	10:00AM-12:00PM	Beach Day

June 27-July4 **DEAD PERIOD/NO WORKOUTS**

July 5	Monday	7:00AM-9:00AM	Agility/Skills
6	Tuesday	3:00PM-5:00PM	Agility/Skills
7	Wednesday	5:30PM-7:15PM	Pool/Track
8	Thursday	10:00AM-12:00PM	Beach Day
12	Monday	Dunes Team Camp All Day	
13	Tuesday	Dunes Team Camp All Day	
14	Wednesday	5:30PM-7:15PM	Pool/Track <i>For Freshman and JV only</i>
		VAR 7-9 SCRIMMAGE@ALLEGAN	
15	Thursday	10:00AM-12:00PM	Beach Day

July 19, 20/ 22,23 5:00PM-9:00PM **HIGH SCHOOL TEAM CAMP** 9th-12th Grade
{Highly suggested for St. Joe Students ONLY}
WEDNESDAY July 21st 5-7 PM SCRIMMAGE VAR@ALLEGAN
JV/FRESH @ OTSEGO

July 24th 11:00AM-3:00PM St. Joe Volleyball Carwash site to be announced
 July 26-July 30th **Lisa Gathright's National Championship Volleyball Camp (Optional) All**
Players that attend this camp need not attend conditioning.

26	Monday	7:00AM-9:00AM	Agility/Skills
27	Tuesday	3:00PM-4:30PM	Track/Pool (3-3:45 Track/3:45-4:30Pool)
28	Wednesday	5-7PM SCRIMMAGE VAR @ALLEGAN/ JV/FRESH @OTSEGO	
29	Thursday	10:00AM-12:00PM	Beach Day

August 2-August 10th **NO WORKOUTS**

August 11th – August 13th **5:00PM-9:00PM? TRYOUTS** *{Mandatory/No exceptions}.*

All days and schedules are subject to change. Physicals must be done prior to tryouts. If you don't have a physical you will not be allowed to tryout.

Remember working hard in the off season provides us with the opportunity to compete at a higher level during our season. Your commitment to workouts and your teammates during this have long term benefits for the program and yourself.

Go Team!!!!

Coach Elliott contact info:

Email: Robert3447@msn.com

H: 269-408-8104/ M: 269-519-3961

Vball Website www.stjoevolleyball.com or www.southwestvolleyball.org for up to date info