

***St. Joe High School Winter/Spring/Summer 2011  
Volleyball Workouts***

The volleyball winter/spring/summer workout schedule is listed below. All girls interested in trying out next year 8<sup>th</sup> – 11<sup>th</sup> 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 2011 season.

***Physicals:*** TBA

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

***Setter/ Hitter Workouts:***

January 4<sup>th</sup>- End of school

Tuesday and Thursdays from 3:15-4:00PM @ Field House or Comp Gym

***Note: Mhsaa mandates that I may only work with 4 girls at a time during the off season. If you have interest in working with me please let me know so I can set up a schedule for all participants.***

***Winter Conditioning:***

January 3rd-April 27<sup>th</sup>

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

***Jock Gym students are not required to attend am conditioning sessions.***

***Spring Conditioning:***

May 2	Monday	6:30AM-7:30AM Conditioning
4	Wednesday	<b>7:00PM PARENT/PLAYER MEETING@FH</b>
5	Thursday	5:30PM-7:30 PM Open Gym
9	Monday	6:30AM-7:30AM Conditioning
11	Wednesday	6:30AM-7:30AM Conditioning
12	Thursday	5:30PM-7:30 PM Open Gym
16	Monday	6:30AM-7:30AM Conditioning
18	Wednesday	6:30AM-7:30AM Conditioning
19	Thursday	5:30PM-7:30 PM Open Gym
23	Monday	6:30AM-7:30AM Conditioning
25	Wednesday	6:30AM-7:30AM Conditioning
26	Thursday	5:30PM-7:30 PM Open Gym
30	Monday	6:30AM-7:30AM Conditioning
June 1	Wednesday	6:30AM-7:30AM Conditioning

June 6-10

**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)*

13 Monday 7:00AM-9:00AM Agility/Skills  
14 Tuesday 3:00PM-5:00PM Agility/Skills  
15 Wednesday 5:30PM-7:15PM Pool/Track  
16 Thursday 10:00AM-12:00PM Beach Day  
20 Monday 7:00AM-9:00AM Agility/Skills  
21 Tuesday 3:00PM-5:00PM Agility/Skills  
22 Wednesday 5:30PM-7:15PM Pool/Track  
23 Thursday 10:00AM-12:00PM Beach Day

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

July 5 Tuesday 3:00PM-5:00PM Agility/Skills  
6 Wednesday 5:30PM-7:15PM Pool/Track  
7 Thursday 10:00AM-12:00PM Beach Day  
11 Monday 7:00AM-9:00AM Agility/Skills  
12 Tuesday 3:00PM-5:00PM Agility/Skills  
13 Wednesday 5:30PM-7:15PM Pool/Track  
14 Thursday 10:00AM-12:00PM Beach Day  
17 Monday 7:00AM-9:00AM Agility/Skills  
18 Tuesday 3:00PM-5:00PM Agility/Skills  
20 Wednesday 5:30PM-7:15PM Pool/Track  
21 Thursday 10:00AM-12:00PM Beach Day

*July 23<sup>rd</sup> 11AM-3PM St. Joe Volleyball Carwash site to be announced*

25 Monday 7:00AM-9:00AM Agility/Skills  
26 Tuesday 3:00PM-5:00PM Agility/Skills  
27 Wednesday 5:30PM-7:15PM Pool/Track  
28 Thursday 10:00AM-12:00PM Beach Day

*August 1<sup>st</sup> - August 9<sup>th</sup> **NO WORKOUTS***

*August 10<sup>th</sup> – August 12<sup>th</sup> **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: H: 269-408-8104/ M: 269-519-3961

E mail: [Robert3447@msn.com](mailto:Robert3447@msn.com)

Websites: [www.stjoevolleyball.com](http://www.stjoevolleyball.com) & [www.southwestvolleyball.org](http://www.southwestvolleyball.org)