

**St. Joe High School Winter/Spring/Summer 2012
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 2012 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:

December 6th - 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/Spring Conditioning:

December 5th - May 30th

Monday and Wednesday conditioning / jump training from 3:15-4:00 in the Field House

Tuesday and Thursday weight lifting from 3:15-4:00 in the weight room

Jock Gym students are not required to attend conditioning sessions.

May 2nd 7:00PM PARENT/PLAYER MEETING@FH

May 9th 7:00 PM Booster Meeting

Open Gym Schedule:

May 3	Thursday	7:00-9:00 PM Open Gym
10	Thursday	7:00-9:00 PM Open Gym
17	Thursday	7:00-9:00 PM Open Gym
24	Thursday	7:00-9:00 PM Open Gym

Summer Workouts:

Setter Summer Workouts: Mondays 9:30AM-10:30AM, Tuesdays 4:00PM-5:00PM

June 4th 2:00PM- 2:45PM Asics Shoe Fitting

June 4-7th 3:00PM-9:00PM TEAM CAMP elem,ms,hsOpen Mon-Thurs

(Varsity and Junior Varsity members will be selected to work this camp)

11	Monday	7:00AM-9:30AM Track Week 1/Skills/Weights
12	Tuesday	5:00-7:30PM Weights/Agility/Skills
13	Wednesday	5:00-7:00PM SCRIMMAGE
14	Thursday	10:00AM-12:00PM Beach Day
18	Monday	7:00AM-9:30AM Track Week 2/Skills/Weights
19	Tuesday	5:00-7:30PM Weights/Agility/Skills
20	Wednesday	5:00-7:00PM SCRIMMAGE
21	Thursday	10:00AM-12:00PM Beach Day
25	Monday	7:00AM-9:30AM Track Week 3/Skills/Weights

June 26-29 USA Michigan Team Camp/ Position Advancement with Rob Buck this is a tentative date times and dates subject to change

July1-July8 DEAD PERIOD/NO WORKOUTS

July 9 Monday 7:00AM-9:30AM Track Week 4/Skills/Weights
 10 Tuesday 5:00-7:30PM Weights/Agility/Skills
 11 Wednesday 5:00-7:00 PM **SCRIMMAGE**
 12 Thursday 10:00AM-12:00PM Beach Day
 16 Monday **Dunes Team Camp 2012**
 17 Tuesday **Dunes Team Camp 2012**
 18 Wednesday *No Workouts*
 19 Thursday 10:00AM-12:00PM Beach Day

July 21st 11AM-3PM St. Joe Volleyball Carwash site to be announced

23 Monday 7:00AM-9:30AM Track Week 5/Skills/Weights

July 24th, 25th 12-10PM, 9AM- 8PM Varsity only team camp @ Kellogg Arena???

24 Tuesday 5:00-7:30PM Weights/Agility/Skills JV/Fresh Only
 25 Wednesday 5:00-7:00 PM **SCRIMMAGE** JV/Fresh Only
 26 Thursday 10:00AM-12:00PM Beach Day

July 28th - August 7th NO WORKOUTS

August 8th – August 10th 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

Websites: www.stjoevolleyball.com & www.southwestvolleyball.org