



Falcon Volleyball Camp



WHO: All GIRLS entering 7-12 Grade

WHERE: Central High School

WHEN: July 29- July 31st, 2019

All Ages: 4pm-7pm

WHAT: Develop and reinforce technique, skills, knowledge, and fuel player's passion for the game. Athletes will participate in high reps, fun and competitive drills while working with CHS Volleyball staff and guest coach, Haleigh Nelson (Former All-American and Current pro player).

COST: \$50 for the first participant and \$35 for each additional participant.

QUESTIONS: Contact our coaching staff at centralfalconsgirlsball@gmail.com
Please email completed registration forms and checks to:

Central High School
Attn: Athletic Department
24617 75th Street P.O. Box 38
Salem, WI 53168

CHECKS PAYABLE TO: Westosha Girls Volleyball

RETURN DATE: June 1st, 2019; on-site registration will be accepted; however, we cannot guarantee camp t-shirt sizes with onsite registrations.

Participant's Name:

T-Shirt size: Youth S M L Adult S M L XL Grade in the fall of 2019: _____

Participant's Name:

T-Shirt size: Youth S M L Adult S M L XL Grade in the fall of 2019: _____

Important Dates for 2019 Summer & Season

July 29th- 31st	Summer Camp	4:00- 7:00pm
Monday, August 19th Tuesday, August 20th Wednesday, August 21st	AM- Jr & Sr ONLY Try Out PM Session (All players)	8:00-10:00 am 4:00- 6:00 pm
Wednesday, August 21st	Team Placement	6:00pm
Thursday, August 22nd	Falcon Way Night and Freshmen Parent Night (Welcome and what to expect)	6:00- 7:30 pm
Thursday, August 22nd Friday, August 23rd	Team Practice Varsity (AM) All teams (PM)	8:00-10:00am 4:00-6:00 pm
Friday, August 23rd	Team Photos	During practice
Monday, August 26th	Preseason Ends Regular afternoon practices	4:00-6:00pm
Monday, September 2nd	Practice (Evening)	4:00-6:00 pm
Tuesday, September 10th	First Responder Night (first home match)	5:45 pm
Tuesday, September 17th	Parent's Night/ Childhood Cancer Awareness Night	5:45 pm
Monday, September 23rd	JV1 Home Tournament Varsity & JV2 Work	4:30 pm
Wednesday, October 2nd	Homecoming Parade	TBD
Monday, October 7th	JV2 Home tournament Varsity & JV1 Work	4:30 pm
Tuesday, October 8th	Senior Night/ Stuff the Duffle for the Sharing Center	5:45 pm
Saturday, October 12th	Westosha Central Smash All- JV1 & 2 Players help work	7:30 am- 3:00pm
Thursday, October 17th	JV1 & JV2 Conference Tournament	4:00pm JV1 @ Wilmot JV2 @ Badger
Friday, October 18th	JV1 & JV2 turn in uniforms/ bags	4:00 pm
Saturday, October 19th	Varsity Conference Tournament	9:00 am
Thursday, October 24th	Regionals	7:00pm
Saturday, October 26th	Regional Finals	7:00pm
Thursday, October 31st	Sectional Semi-finals	5:00 pm or 7:00pm
Saturday, November 2nd	Section Finals	7:00 pm
Thursday, November 7th	State Quarterfinals	5:00pm
Friday, November 8th	State Semi Finals	7:00
Saturday, November 9th	State Finals	

June

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Open Gym 2-4pm	17	18	19 Open Gym 5-7pm	20	21	22
23	24	25	26 Open Gym 5-7pm	27	28	29
30 Open Gym 2-5pm						

July

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Open Gym 5-7pm	2	3	4	5	6
7	8 Open Gym 5-7pm	9	10 Open Gym 5-7pm	11	12	13
14	15 Open Gym 5-7pm	16	17 Open Gym 5-7pm	18	19	20
21	22 Open Gym 5-7pm	23	24 Open Gym 5-7pm	25	26	27
28	29 Camp 4-7pm	30 Camp 4-7pm	31 Camp 4-7pm			

August

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Open Gym 5-7 pm	6	7 Open Gym 5-7 pm	8	9	10
11	12	13	14	15	16	17
18	19 Tryouts 8am-10am (Jr & Sr only) All teams 4-6pm	20 Tryouts 8am-10am (Jr & Sr only) All teams 4-6pm	21 Tryouts 8am-10am (Jr & Sr only) All teams 4-6pm	22 Varsity 8-10am All-teams 4-6 *Falcon Night 6-7:30pm	23 GVB Varsity 8-10am All-Teams 4-6	24
25	26 Practice 4-6pm (All teams)	27 Practice 4-6pm (All teams)	28 Practice 6-8pm (All teams)	29 Practice 4-6pm (All teams)	30 Practice 4-6pm JVs Varsity Tournament	31 Varsity Tournament

- Teams will be decided by the end of practice on the 21st.

September

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice	3 Away vs. Badger (All teams)	4 Practice	5 Practice	6 Practice	7
8	9 Practice	10 Home vs. Waterford (All teams)	11 Practice	12 Practice	13 Practice	14 Varsity & JV1 @Kaukana
15	16 practice	17 Home vs. Union Grove (all teams)	18 practice	19 practice	20 Practice	21
22	23 JV1 Home tournament	24 Away vs. Wilmot (all teams)	25 practice	26 Practice JV1 @Men. Falls	27 Practice Varsity @ West Bend	28 Varsity @ West Bend
29	30 Practice					

- Practices are either 4-6pm or 6-8 pm. Nights boys have a home match we practice for an hour.

October

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Away vs. Elkhorn (All teams)	2 Practice	3 Practice	4 Practice	5 JV1- Franklin Tournament
6	7 JV2-Home Tournament	8 Home vs. Delavan- Darien (All)	9 Practice	10 Practice	11 Practice	12 Westosha Smash (Varsity)
13	14 Practice	15 Away @Burlington (All teams)	16 Practice	17 Conference- JV1 @Wilmot JV2 @Badger	18 Varsity Practice	19 Varsity- Conference @ Delavan- Darien
20	21 Practice	22 Practice	23 Practice	24 Regionals	25 Practice	26 Regional Finals
27	28 Practice	29 Practice	30 Practice	31 Sectional Semi-finals		

- Practices are either 4-6pm or 6-8 pm. Nights boys have a home match we practice for an hour.

November

2019

Schedule

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice	2 Sectional Finals
3	4 Practice	5 Practice	6 Practice	7 State quarterfinals	8 State Semi-Finals	9 State Finals
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- Practices are either 4-6pm or 6-8 pm. Nights boys have a home match we practice for an hour.