

# WESTOSHA CENTRAL VOLLEYBALL

## SUMMER INFORMATION



# OPEN GYMS & CONTACT DAYS

- **Who: Incoming freshman- seniors. Not mandatory but encouraged to attend. These are a great way to start building connections with future teammates and to sharpen skills before tryouts.**
- **When: Monday & Wednesday in June and July from 5-7 pm**
- **Contact Days: 6/17, 7/15, 7/22, 7/29, 7/31 (These are tentative at the moment)**
- **Where: Westosha Central High School-No need to sign up in advance. Simply show up when you can make it.**

# SUMMER TOURNAMENTS & LEAGUES

- **Sky High Summer League:**
  - **Who:** Incoming Freshman- Seniors. Not mandatory but strongly encouraged. Even if you cannot make all of them, great to participate in.
  - **When:** starting in July date will be announced.
  - **Where:** Sky High Volleyball, Crystal Lake IL
  - **Cost:** Typically \$20 per player.
- **PrepDig Sizzle:**
  - **Who:** Incoming Freshman and Sophomores. Not mandatory but strongly encouraged.
  - **When:** July 15th TBD We are hoping for am start time
  - **Where:** Champions Center, Appleton WI
  - **Cost:** Typically is around \$20 per player- We will have information on who to give that to once we get closer.
- **Burlington JV Camp:**
  - **Who:** Incoming Freshman and Sophomores. Not mandatory but strongly encouraged.
  - **When:** JVs 7/29 & 7/30 (Rough dates) Traditionally this is morning until mid-afternoon
  - **Where:** Burlington High School, Burlington WI
  - **Cost:** Typically this is around \$25 per player. We will have information on who to give it to once we get closer.



# SUMMER LIFTING

- **Lifting**
  - **Who: Incoming freshman- seniors. Not mandatory but encouraged to attend. These are a great way to get in shape, build confidence and work through adversity.**
  - **When: Monday, Tuesday, Thursday June & July from 5:30-7 am**
  - **We will have a test day prior to starting lifts so players can track their growth.**
  - **Where: Westosha Central High School- Enter Door through the entrance to our weight room facility.**

# TRYOUTS

- **Tryout Schedule**

- **Who: Incoming freshman- seniors. Mandatory to attend all days of tryouts. You MUST attend tryouts if you are interested in playing in the 2024 Fall Season.**
- **When: 8/19 & 8/20 AM & PM Session**
- **Normal practice will start 8/21 3-5 pm**
- **Where: Westosha Central High School-Enter Through night time entrance**

- **Tryout Checklist**

- **All players tryout out must have ALL required paperwork filled out prior to August 19th**
- **Fill out online registration (on the athletics website)**
- **Current up to date physical on file with Mr. Lindh**
- **Athletic Fee will be assigned to your infinite campus account after team placement.**

# EXTRA INFORMATION

## Questions?

- Email Coach Awe-  
awem@westosha.k12.wi.us

Want to get  
signed up for  
email updates?  
Scan to access  
the google form



- Where to find information:

- Instagram: @centralfalconsgirlsvball 
- Twitter (X): @westoshavball 
- Facebook: @Westosha Central Girls  
Volleyball 

- Updates will always be posted on all social media outlets