

HIGHLAND HIGH SCHOOL VOLLEYBALL



WELCOME FRESHMAN

Our coaching staff always looks forward to meeting the new Freshman athletes that are coming to Highland, because you guys are the future of our Ram Volleyball Program.

Highland's Volleyball Program motto is:

“WE WON'T STOP UNTIL WE ON TOP”

This motto means we are looking for athletes that have the dedication and desire to work hard not just for themselves, but for their team, their coaches and the program. With that, we expect all our future players to attend all Open Gyms, Camps, Summer Tournaments, Strength Training Workouts and Fundraiser Events as possible. We understand that it may not be possible to attend all events, but we do look for the effort and dedication to be to as many of them as possible. Below is our upcoming schedule for events leading up to volleyball tryouts. Again, the more we see you play and work hard, the better! ☺

OPEN GYM SCHEDULE: Every Monday / Wednesday: 4:30-6:30 p.m. starting May 15th in the Lower Gym at Highland. It will go until June 28th.

TEAM CAMP: We are having a team camp at Highland that is hosted by Gold Medal Squared (GMS) on June 12th -15th. It's a 4-day camp where D1 and D2 college coaches and players come to our school and give high quality instruction and coaching to our athletes. Highland's volleyball program uses GMS coaching methods and fundamentals. This camp is a great opportunity to get a head start or further your knowledge in GMS and how Highland's volleyball program is run. The price of the camp is \$259.99 where you will be instructed all day for 4 straight days and receive a t-shirt. It's a wonderful opportunity for our Highland athletes to participate in. Go to our Highland FB page or Instagram for more information on how to sign up your daughter.

Mini Ram Camp: We hold an annual Mini Ram Camp at the beginning of June for ages 2nd grade thru 9th grade. It's a skills camp run by our Highland coaches and current Highland volleyball players. It is such a fun camp to attend and learn the game of volleyball and get better at individual skills needed to succeed in this sport. Follow our Instagram and/or Facebook page to keep updated on our camps and activities. Instagram: highlandramsvb Facebook: Highland Ram Volleyball

VOLLEYBALL TRYOUTS: August 7th -8th @ Highland in the Lower Gym. Sign in begins at 4:00 p.m. and tryouts start at 4:30 p.m. on Monday, August 8th.

To keep updated on what is happening with Highland Volleyball and updates to our upcoming schedule, follow us on Facebook @ Highland Ram Volleyball and/or Instagram @highlandramsvb. If you have any questions, please email Head Coach: Kelsey Rhoades Larsen @ highlandramvb@gmail.com.