

HHS Spring and Summer Volleyball '24

Schedule is subject to change, please contact Coach Tana w/ questions.

OPEN GYMS, CLINICS & CAMPS:

-April 30-May 27th: Tuesday & Thursday: 6-8 pm HHS aux

*NO open gym on May 21, 28 or 30th due to gym in use.

May 23rd: 4-8 pm instead of open gym, we will be hosting a HS BOYS VBALL CLINIC for \$20 a person. The girls will be in charge of teaching skills and reffing games.

-June: All of June and July open gyms will be at 5-7 pm at the MEC.

Weight/conditioning will remain the same.

*Tuesday: strength/conditioning at 10-11am, open gym 5-7 pm.

*Wednesday: strength/cond 9-10am & outdoor 2/3's after unless indicated

*Thursday: strength/cond 10-11 am. Open gym 5-7 pm

-TEAM CAMP: June 24-26th Varsity/JV only: players will be notified

-July: will be at the MEC (besides Wednesday's)

*Tuesday: strength/cond 10-11, open gym 5-7

*Wednesday: 9-10 strength/cond, grass/outdoor after

*Thursday: strength/cond 10-11, open gym 5-7

**No open gym on the 4th, 24th or 30-31st. **Frosh/jv will have open gym 5-6 on 23rd

*VARSITY TOURNEY @ Poky: July 22-23

*JV TOURNEY @ Poky: July 29-30

-Mini Ram & Skills Camp: July 31-August 2 all players need to sign up to help w/ sessions

August:

*1st: 8-10 w/ weights 10-11

DEAD WEEK 5TH-9TH

***TRYOUTS 12TH-14TH: we will have double days

*Practices begin the 15th-17th with possible double days

-IF has invited us to attend some summer play sessions, playing Thursday evenings against other teams to get more touches. I'll notify players needed each week.

Weights/conditioning:

Tuesday, Thursday weight/speed & agility at 10-11@ Gateway and Wednesday we will be playing grass/sand doubles/triples as well as doing some workouts such as hills, hikes, yoga, circuits.

It is important to attend to build strength, mobility, agility and prevent injuries. This is a great way to work together as a school and build relationships. A coach will be attending. The programs are built by our HHS PE Department: myself, Coach Cade, Collins and Long as well as collaboration with some college coaches.

Team Camp: June 24-26 : varsity/jv. \$75

Held at the MEC, directed by Tana Homer, ran by Darice Pratt (former college coach and current club director) and her staff. We will be holding 2-3 sessions per day incorporating skills, strategy, competitions, play and team bonding. \$75 per player.

Clinics:

-Club V College Coaches Clinic: if you are interested in being seen by numerous colleges, this might be a good one to attend. Not mandatory, just FYI. June 3rd in SLC.
-Club 801 also has a clinic for players to be seen by college coaches on June 5th at the Karl Malone Training Center in Lehi. If you are interested, ask for details.

-Mini Rams Camp: July 31, August 1, 2 (everyone is needed to help run this as part of our fundraiser) SPREAD THE WORD! Flyers will be distributed in April.

Tournaments:

*VARSITY @ Poky: July 22-23

*JV @ Poky: July 29-30

******Dead Week: August 5-9******

TRYOUTS!!! August 12-14 @ HHS with double days and different schedules for Varsity, JV and Freshman. Check Instagram, Google Classroom for more information

Summer Outdoor Doubles Tournaments:

I LOVE playing in these, they are so good for building all around skills and they are so much fun! Get a partner and go play!

Here is the link for a list of tourneys on UOVA:

<https://uova.volleyballlife.com/tournaments/upcoming>

*****PLANNING AHEAD August 23-24 Peg Peterson Tourney. ALL PLAYERS WILL NEED TO HELP WITH THIS, it's a big fundraiser and we need all hands on deck!**