

## Girls' Volleyball Summer Program

### Elementary/Middle School

#### 6<sup>th</sup> Grade Schedule

Summer - 6<sup>th</sup> Graders at this time will not be able to come to open gyms simply because there are so many 7<sup>th</sup> and 8<sup>th</sup> grade girls.

Fall – the practices and games will be at Arena Sports. Practices will be twice a week in the afternoon. Games are played on Saturday afternoons. The cost to parents will be between \$50 - \$75 for the entire season. More information will come about this as the summer goes on.

#### Volleyball Open Gyms: Thursdays 4:30-6:30 pm

Open gyms for **7<sup>th</sup> and 8<sup>th</sup> graders** will be on Thursday afternoons from 4:30-6:30 pm. These will be run by Coach Boehler and Coach Harris.

**Cost:** None

#### Windsor Volleyball Tournament

This camp will be held for 8<sup>th</sup> and 9<sup>th</sup> graders June 7-9. It is a great camp for them to get valuable game experience. We will meet each day at Windsor High School. The camp goes from about 10:00 – 4:00 each day.

**Cost:** \$30

#### Weight Lifting / Conditioning: Monday – Thursday 7:00am – 9:00am

The weight room will be open Monday through Thursday mornings from 7:00-9:00. It will be overseen by Rich Yonker and assisted by other coaches.

7<sup>th</sup> and 8<sup>th</sup> graders are welcome to attend, they just need to fill out the waiver and pay the fee.

**Cost:** \$50 (money goes toward the weight room and athletics)

**\*\*Please make sure to sign the weight room waiver (in the brochure) for this**  
**If you are not able to open this attached document there are hard copies in the HS office.**

### RCS Volleyball Camps

There will be two separate RCS Volleyball camps and will be divided by age. The first camp will be for 4<sup>th</sup>-7<sup>th</sup> graders and will be run by our C-team coach, Kristen Denboer. The second camp will be for 8<sup>th</sup>-12<sup>th</sup> graders and will be run by a former CSU volleyball player, Angela Knopf.

#### **Camp #1: July 13-15**

9:00am – 11:30am 4<sup>th</sup>, 5<sup>th</sup> Grade

12:00pm – 2:30pm 6<sup>th</sup>, 7<sup>th</sup> Grade

**Cost:** \$60 \*\*Please make sure to sign the waiver form for this camp

#### **Camp #2: August 2-4**

9:00am – 12:00pm 11<sup>th</sup>, 12<sup>th</sup> Grade

1:00pm – 3:30pm 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Grade

**Cost:** \$65 \*\*Please make sure to sign the waiver form for this camp.

**Please make out all checks to RCS and turn in to the High School office. All checks will be held until the week before the camp.**

### Fall Volleyball Tryouts

**\*\*\*\*Tryouts will take place the week of August 8 (school begins the 16<sup>th</sup>)\*\*\*\***

All athletes MUST participate in tryouts to be eligible to play.

The first game is on August 17.

Format: All 5 coaches will score each athlete on a variety of skills including serving, passing, setting, digging, attacking, game knowledge, court sense, and overall hustle and desire. Athletes will also be scored in physical tests such as sprints, endurance, and strength.

**All athletes must have an updated physical (within 1 year) in order to tryout.**

## Girls' Volleyball Summer Program

### High School

#### Weight Lifting / Conditioning: Monday – Thursday 7:00am – 9:00am

The weight room will be open Monday through Thursday mornings from 7:00-9:00. It will be overseen by Rich Yonker and assisted by other coaches.

Volleyball and basketball girls are encouraged to go as much as possible, but a minimum of 2 mornings per week is necessary for quality development over the summer.

**Cost:** \$50 (money goes toward the weight room and athletics)

**\*\*Please make sure to sign the weight room waiver (in the brochure) for this  
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office.**

#### Volleyball Open Gyms: Thursdays 7:00-9:00pm

Open gyms for **9<sup>th</sup> – 12<sup>th</sup> graders** will be on Thursday evenings from 7:00 – 9:00 pm. These will be run by Coach Howard, Coach Cox, and Coach Denboer.

**Cost:** None

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## Summer Tournaments

### Volleyball

#### Windsor Volleyball Tournament

This camp will be held for 8<sup>th</sup> and 9<sup>th</sup> graders June 7-9. It is a great camp for them to get valuable game experience. We will meet each day at Windsor High School. The camp goes from about 10:00 – 4:00 each day.

**Cost:** \$30

## Nebraska Volleyball Trip

July 10 – 13

This is for 10<sup>th</sup>-12<sup>th</sup> grade volleyball players. It is a team bonding time with a focus on strengthening our Christian walk, uniting as one team through Christ, becoming a family, and setting our season goals.

We will leave around 6:00 am on Sunday and return by late afternoon on Wednesday.

**Cost:** \$90 (covers transportation, meals, and hotel)

## UNC Volleyball Camp

July 21 – 23

This camp is for 10<sup>th</sup> – 12<sup>th</sup> graders. They will face JV and varsity teams from all over the region, and it will benefit them greatly.

**Cost:** \$50 (covers camp but not meals)

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### **Camp #1: July 13-15**

9:00am – 11:30am 4<sup>th</sup>, 5<sup>th</sup> Grade

12:00pm – 2:30pm 6<sup>th</sup>, 7<sup>th</sup> Grade

**Cost:** \$60 \*\*Please make sure to sign the waiver form for this camp

### **Camp #2: Aug 2-4**

9:00am – 12:00pm 11<sup>th</sup>, 12<sup>th</sup> Grade

1:00pm – 3:30pm 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Grade

**Cost:** \$65 \*\*Please make sure to sign the waiver form for this camp.

**Please make out all checks to RCS and turn in to the High School office. All checks will be held until the week before the camp.**

## **Fall Volleyball Tryouts**

Tryouts will take place the week of August 15 (school begins the 16<sup>th</sup>).

All athletes MUST participate in tryouts to be eligible to play.

Format: All 5 coaches will score each athlete on a variety of skills including serving, passing, setting, digging, attacking, game knowledge, court sense, and overall hustle and desire. Athletes will also be scored in physical tests such as sprints, endurance, and strength.

All athletes must have an updated physical (within 1 year) in order to tryout.

Thank you for your cooperation and support. We realize you must feel overwhelmed, but we know how valuable these programs are to the success of our teams.

## **Fundraisers**

Two fundraisers will help make this program possible. First, the volleyball program will be selling banners that will hang in the gym throughout the year.

Second, a serve-a-thon fundraiser will be held in the fall in which the girls will be asked to raise support based for each serve that they get in the court. More information will come about this during the summer.

## **Ankle Braces**

All high school volleyball players will be required to wear ankle braces for VB.

Best brands are Malleoloc or Active Ankles

These can be bought at most sports stores or online.

Including: Dick's Sporting Goods (Loveland), Garretson's (Greeley), and Sports Authority (Ft. Collins)