

University Volleyball Summer 2009

Summer Conditioning and Skill Development Schedule

	<u>Dates:</u>	<u>Time:</u>
<u>Week 1:</u>	June 2 & June 4	3:30 - 5:00pm
<u>Week 2:</u>	June 9 - June 11	3:30 - 5:00pm
<u>Week 3:</u>	June 16 & June 18	3:30 - 5:00pm
<u>Week 4:</u>	June 23 - June 25	9am - 11am
<u>Week 5:</u>	June 30 - July 2	9am - 11am
<u>Week 6:</u>	July 6 - July 9(Titan camp)*	9am -11am
<u>Week 6:</u>	July 13 - July 17(SFCC camp)**	TBD evening hours
<u>Week 7:</u>	July 21- July 23	9am -11am
<u>Week 8:</u>	July 28 - July 30	9am -11am

*Titan Volleyball camp for grades 3-5 & 6-9 (2009-2010 school year)

(Note: This camp is being offered through Central Valley School District's Summer School Program. Please, register with the Summer School Program, #219 (3-5) and #220 (6-9))

<u>Date:</u>	<u>Time:</u>	
July 6 to July 9	9am - 11am	Cost = \$43.00

Titan Team Camp

Spokane Falls Community College Team Camp July 13 - 17.

August Conditioning

During August we will continue with conditioning sessions on the following Tuesdays and Thursdays. Aug. 4,6,11,13,18 & 20. They will run from 6pm - 8pm. Bring shoes for both indoors and outdoors.

The first practice and tryouts begin on August 24th at 1:00pm. Please remember to turn in all paperwork prior to this day.

University Volleyball 2009

Tryout Information

Our season starts on August 24, 2008. It is vital that those girls who are interested in trying out for one of our four squads (Varsity, Junior Varsity, Freshmen, and C-squad) to attend tryouts. For the past four years we have had an average of seventy girls who have tried out each season. We can only keep a maximum of forty-eight girls in our program. Because of this we cannot allow girls to try out after August 24th.

- Prior to Aug. 24, please clear the Business Office with the following forms and fees:
 - Physical, Honor Code form, Athletic Activity Eligibility Statement form, and Volleyball Safety Guidelines and your ASB fee and any other outstanding fees. (Note: You cannot tryout until you have cleared the office.)
 - Forms can be picked up at University High School's main office during the summer.
 - The Business Office starts taking paperwork a week prior to the beginning of the season. Please, do not wait until the morning of Aug. 24th.
- Time schedule:

Aug. 24:

Session 1: 1:00 - 3:00pm
Lunch: 3:00 - 4:00pm (lunch break)
Session 2: 4:00 - 5:30pm

Aug. 25:

Session 1: 1:00 - 3:00pm
Lunch: 3:00 - 4:00pm (lunch break)
Session 2: 4:00 - 5:30pm

Aug. 26:

Session 1: 1:00 - 3:00pm
Lunch: 3:00 - 4:00pm (lunch break)
Session 2: 4:00 - 5:30pm Teams will be selected
*Depending on the number of freshmen trying out we may extend the Frosh and C squad team determination to the next day.

Aug. 27: Practice 1:00 - 3:00pm

Parent Meeting at 6:00pm on August 27th in the auditorium.

Individual team practice times will be established by each coach at the outset of the season.

Aug. 29: Titan Team Scrimmage: begins at 9:30 am