

# PAHS VOLLEYBALL 2018

Hello Parents and Athletes,

You are receiving this letter because your daughter played high school volleyball and/or club volleyball this past season or has shown interest in summer activities. Our upcoming season for fall of 2018 will be here before we know it! There are many activities and camps that your daughter can attend in order to improve themselves and prepare the best they can for next season. Remember that attending any of these events does NOT secure a spot on any high school, middle school or club roster in the fall. Each athlete has to earn their place by going through the same tryout process as everybody else regardless of their status, role or position the previous season. Each year is different with different athletes trying out with different strengths and skills who can play different positions than the year before. Remember to work hard and know that these opportunities are some of the ways you can play to improve yourself.

☐ **PRACTICES** will begin the first week of June. All practices will be at the high school. Incoming 9th-12th graders can attend and need a green card issued through the PAHS athletic office to insure that their physical is still current. .

- Wednesday May 30 3-4:30 pm
- Thursday May 31 3-4:30 pm (basketball practice same time)
- Tuesday June 5 3-4:30 pm
- Wednesday June 6 3-4:30 pm
- Tuesday June 12 3-4:30 pm
- Wednesday June 13 3-4:30 pm
- Wednesday June 20 1:30-3:00 pm (basketball clinic in the morning)
- Thursday June 21 1:30-3:00 pm (basketball clinic in the morning)

Week of June 25-28 is little kids camp where kids can stay after and play for an hour if desired.

☐ **PAHS JR CAMP** is June 25-28. Cost is \$50 for campers.

High school players help coach kids at camp. Some HS basketball players will be absent from this little kids camp due to attendance at their team camp in Oregon.

6th-9th graders will attend from 9:00 am to 12:00 pm.

K-5th graders will attend from 1:00 pm to 4:00 pm.

\*\*note the sessions are switched from usual practice in the past with 6th - 9th graders in the morning.

☐ **Kiah Jones, a former PAHS volleyball player (2012 graduate) who played volleyball for Central Washington for 5 years, is coming to talk with athletes and then there will be practice afterwards. Tuesday, July 3, 9:00 am - 12:00 pm**

☐ **PAHS TEAM CAMP** is Wednesday, July 4 - Saturday, July 7. Cost is \$330 minus deposit.

We will leave around 11 am the morning of the 4th. We will need parents to help with transportation to and from.

\$25-\$50 deposit is necessary to secure a spot. Full payment can be made online at WWU volleyball camps.

Right now we are looking at taking two teams based on current interest. <http://www.wwuvikings.com/camps/#WV>

☐ **GUY ENRIQUE 2-DAY CAMP** is Tuesday, July 10 - Wednesday, July 11 Cost is \$150 Three sessions/day.

This is for any incoming 9-12th grader or by invitation. There will be other athletes/teams from area schools as well. <https://guysvolleyball.com/volleyball-camps/> Register with me asap.

We are very excited about Guy coming to our school as he coaches athletes in more ways than just skills. Please check on his website and read the areas of emphasis including mental toughness, leadership, mindful practice, team bonding and what it means to be a team player, as well as many other aspects. We highly recommend fitting this into your schedule as his areas of emphasis have also been big areas of emphasis in our program especially the last few years. We believe concepts learned will help our athletes be successful in all areas of their lives.

## ☐ **SUMMER LEAGUE**

Athletes who want to commit to summer league need to pay \$15 to cover their part of the registration. We need commitment asap so we know if we have enough kids for JV or Varsity or both. Dates are 6/21, 6/26, 7/17, 7/24. Commitment would entail leaving PA about 4:00 pm, play goes from 6-9 pm, return between 10:30 & 11 pm. It has been held at Kitsap Pavilion in the past.

☐ There are many **INDIVIDUAL CAMPS** around the area that athletes can attend based on your summer schedules. You can google colleges and find out when their camps are. Here is a list of a few that we like but there are so many to choose from:

July 1-4 Individual Camp at Western Washington for ages 6th -12th \$330

July 12-14 Elite Individual Camp at Western Washington for ages 9th-12th \$280

July 18-29 there are various camps through NIKE Seattle U from 1-3 day camps. These run higher in price but are good camps. <https://www.ussportscamps.com/volleyball/nike/seattle-university-nike-volleyball-camp>

July 13-16 and July 23-25 Gonzaga individual camps

July 12-14 Portland State camps

There are many smaller camps like Olympic college and OPVBC.

University of Washington camps <https://keegancookvolleyball.com/>

## ☐ **BEACH VOLLEYBALL**

Beach volleyball is a great way to improve physical skills and mental skills as well as good conditioning. There are many opportunities in Seattle.

<https://dakinevc.com/dakine-tournaments/>

<http://www.alkibeachvolleyball.com/events/>

<https://seasidebeachvolleyball.com/>

## ☐ **WEIGHT LIFTING**

Athletes need to be lifting and conditioning year around in order to get stronger, be faster and stay healthier. Next year there are 7 periods being offered which could open up room for a weight lifting class. Incoming freshman are required to take Fit for Life first semester in order to take a weight lifting class 2nd semester. We recommend taking the Advanced Fit for Life with Coach Myers. It takes dedication and commitment to bettering ourselves physically in order to reach our goals and be better than average. It takes a team of individuals willing to do that. Get together this summer and start taking steps toward achieving your goals. Let's Do It!

## ☐ **PAHS TRYOUTS**

All athletes **MUST** have a new green card in order to step foot on the court in August. This green card is their ticket to try out. It's important that they have it before 8:00 am the first day of tryouts so they don't miss any testing. Athletes can obtain their green card the week before tryouts. Physicals have to be renewed every 2 years so check NOW to make sure if you need to get it renewed.

Tryouts will begin Monday, August 20 at 8:00 am and go through August 24. Most days we will have practices twice a day: 8-11:00 and 1-4:00. Most days are double days so please plan to keep these times open. Friday is usually just the morning session.