

RAVEN VOLLEYBALL SUMMER CALENDAR

JUNE

- Per Olathe School District Guidance no workouts are allowed to take place at the school during the month of June.
- During a normal summer we would be having open gyms in June, so I **strongly encourage** the girls to do conditioning this month.
- We won't be able to monitor the workouts, but it will be obvious in July who worked out and who sat around doing nothing. (*Workout on next page.*)
- KSHSAA is requiring 2 weeks of "**acclimation**" for each athlete. Those 2 weeks will be **July 6-10** and **July 13-17**.
- **The athlete will be asked to attend 5 open gyms per week for those 2 weeks ensuring they are good to go for the Summer Camp.**
- Each athlete will need to attend 10 acclimation sessions before they are allowed to participate in full volleyball workouts.

JULY

| MON | TUE | WED | THU | FRI | SAT |
|--------------------|------------------------------------|--------------------|--------------------|-----------------|-----------------|
| | | 1 | 2 | 3 | 4 |
| 6 | 7 | 8 | 9 | 10 | 11 |
| Open Gym 7A-10A | Open Gym 7A-10A South League | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A |
| 13 | 14 | 15 | 16 | 17 | 18 |
| Open Gym 7A-10A | Open Gym 7A-10A South League | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A |
| 20 | 21 | 22 | 23 | 24 | 25 |
| Open Gym 7A-10A | Open Gym 7A-10A South League | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A |
| 27 | 28 | 29 | 30 | 31 | 1 |
| Summer Camp 8A-10A | Summer Camp 8A-10A South League | Summer Camp 8A-10A | Summer Camp 8A-10A | Open Gym 7A-10A | Open Gym 7A-10A |

AUGUST

| MON | TUE | WED | THU | FRI | SAT |
|-----------------|---------------------------------|-----------------|-----------------|-----------------|-----------------|
| 3 | 4 | 5 | 6 | 7 | 8 |
| Open Gym 7A-10A | Open Gym 7A-10A South League | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A |
| 10 | 11 | 12 | 13 | 14 | 15 |
| Open Gym 7A-10A | Open Gym 7A-10A South League | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A | Open Gym 7A-10A |
| 17 | 18 | 19 | 20 | 21 | 22 |
| TRYOUTS | TRYOUTS | TRYOUTS | FIRST PRACTICE | | |

ADDITIONAL INFORMATION

JUNE WORKOUTS

- If the athlete is going to a personal trainer, they can continue to use that as their conditioning.
- For athlete's who are currently not doing any conditioning, please use the below workouts in the month of June.

JUMP/VERTICAL WORKOUT: Monday, Wednesday, Friday

<https://www.youtube.com/watch?v=eTlxTdhTfX4>

- Wideouts** - 3 Sets | 10 Seconds
- Alternate Quick Feet** - 3 Sets | 10 Seconds
- Band Holds** - 2 Sets | 10-15 Seconds (Both Legs)
- Band Chops** - 2 Sets | 10 Reps
- Kickouts** - 2 Sets | 8 Reps
- Loaded Lateral Hops** - 3 Sets | 6 Reps
- Lateral Tuck Jumps** - 3 Sets | 6 Reps
- Hops To Lunge Hold** - 3 Sets | 6 Reps
- Random Power Jumps** - 10 Max Effort Jumps

CORE WORKOUT: Tuesday, Thursday

<https://www.youtube.com/watch?v=0vO3FdqbofU>

- Side Plank** - :30 | 3X per side
- Bird Dog** - 15 Reps/Side | 3 Sets
- Bridge w/Walkout** - 6 Walkouts | 3 Sets
- Shoulder Elevated Bridge** - 20 Reps | 3 Sets
- Plank Forearm Slides** - 10 Slides/Arm | 3 Sets

JULY INFORMATION

- We will once again participate in **South League** this summer. The league starts the week of July 6. Time = TBD
- We will select 15 athletes to play in the league and Coach Lenth will reach out to inform each player.
- The league costs \$425, we divide that by 15 players so each athlete will be asked to pay \$31.
- Please plan on attending the **Raven Volleyball Summer Camp (July 27-30)**.
- Please get registered ASAP so we know how many t-shirts to order.
- Camp Information: <http://www.onwvolleyball.com/summer-camp/>
- Register online: <http://www.onwvolleyball.com/registration/>

AUGUST INFORMATION

- Tryouts will be held August 17-19 and will take place in the main gym.
- Athletes should get dressed and get into gym ASAP to check-in and receive their tryout number.
- **3:15P- 4:45P** :: Freshman
- **4:45P- 6:45P** :: Sophomores, Juniors, and Seniors (Note - Some Freshman might be asked to attend this session as well.)
- **What to Expect the Week of Tryouts**
- **Monday, Tuesday, and Wednesday** are the actual tryouts.
- Teams will be posted on the [onwvolleyball.com](http://www.onwvolleyball.com) website **Wednesday** around 8:00PM.
- **Thursday** will be first practice. All equipment is checked out during this time and team/individual pictures are taken.
- **Meet the Coaches** meeting will take place **Thursday** night from 6:30PM-8:00PM.
- It is crucial that both players and parents show up for meeting as all **paperwork** is completed during this meeting.
- In addition, important information about the volleyball program and the season are presented.
- **Varsity** will practice on **Saturday** (08/22). Time: TBD