



KAMIAKIN VOLLEYBALL INFORMATION

SPRING & SUMMER 2017

W Below is information pertaining to spring and summer volleyball activities. If you have questions, please call me. **Registration Forms will be provided to those interested at a later time. Parent/Player Meetina at KaHS Cafeteria TBb**

- **KAMIAKIN HS SPRING VOLLEYBALL CAMP**-Typically during the last week of May-first week of June. This activity will be open to *all* incoming 9th-12th graders who are interested in playing volleyball. Camp will mirror a practice - warm ups, skill techniques (passing, hitting, setting, serving, and footwork), offense and defense positions and game like drills.
- **KAMKIAKIN HS SUMMER VB TEAM CAMP**-Typically Mid-June, at Kamiakin main gym. Sessions are 8:15 am-4:30 pm. Open to any incoming 9th-12th grade player. This is an opportunity for players to improve their volleyball skills in a team setting.
- **MONDAY NIGHT SUMMER LEAGUE**- Starting Monday, June 5 and continuing thru Monday, July 25. The Kamiakin teams will play against other area high school teams at Southridge HS on Monday evenings. Open to any incoming 9th-12th grade player.
- **SUMMER VB PRACTICES**-Tuesdays/Wednesdays and Thursdays starting mid-June thru mid-July at 8 am-9:30 am in the KaHS main gym. Open to any incoming 9th-12th grade player. Note: This time is before the female sports conditioning camp- see below.
- **FEMALE SPORTS CONDITIONING CAMP**- Monday through Thursday, Mid-June through July 29 at 9 am-10:30 am in the Kamiakin weight room. 6th-12th grade girls only. This is an opportunity for players to do conditioning for volleyball or other sports.
- **FALL SPORTS REGISTRATION** - Will be in mid-August at a time TBD. Registration will take place in the Kamiakin cafeteria. Letters will be sent to all registered students.
- **FIRST DAY OF PRACTICE** - Monday, August 21st at a time TBD. This will be the first day of tryouts; tryouts will be for 4 days then teams will be made. Players *are* required to attend all tryout days. Like in the past, there will be 4 teams - f rosh, soph, JV and Varsity. Players need 10 practices before they are eligible to participate in a match.

If you have any questions, please do not hesitate to call or email me.

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