

# THS Boys' and Girls' Volleyball Summer Workouts

Sometimes we have to make last minute changes to the schedule. Please find them online at:  
[THSVolleyball.com](http://THSVolleyball.com) or on social media **IG:** @thsvball **Facebook:** Tucson High Badger Volleyball

June 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/2	6/3	6/4 9-11:15 returning athletes 10:30-12:00 new athletes	6/5 9-11:15 returning athletes 10:30-12:00 new athletes	6/6 Girls' Summer League 5:30-9:00	6/7	6/8
6/9	6/10	6/11 9-11:15 returning athletes 10:30-12:00 new athletes	6/12 9-11:15 returning athletes 10:30-12:00 new athletes	6/13 Girls' Summer League 5:30-9:00	6/14	6/15
6/16	6/17	6/18 9-11:15 returning athletes 10:30-12:00 new athletes	6/19 9-11:15 returning athletes 10:30-12:00 new athletes	6/20 Girls' Summer League 5:30-9:00	6/21	6/22
6/23	6/24	6/25 9-11:15 returning athletes 10:30-12:00 new athletes	6/26 9-11:15 returning athletes 10:30-12:00 new athletes	6/27 Girls' Summer League 5:30-9:00	6/28	6/29 Girls' Summer League Tournament Times TBD

July 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/30	7/1	7/2	7/3	7/4 Independence Day	7/5	7/6
7/7	7/8	7/9 9-11:15 returning athletes 10:30-12:00 new athletes	7/10 9-11:15 returning athletes 10:30-12:00 new athletes	7/11	7/12 David Rubio Team Camp	7/13 David Rubio Team Camp
7/14 David Rubio Team Camp	7/15	7/16	7/17	7/18	7/19	7/20

# THS Boys' and Girls' Volleyball Summer Workouts

June 4th - July 10th

Both boys' and girls' volleyball players will be practicing during the same time.

Tuesdays & Wednesdays in the West/East Gym

Returning Athletes\* 9:00-11:15 and New Athletes\*\* 10:30-12:00

Athletes do not need to register, pay a fee, or fill out paperwork to participate in summer workouts.

**Simply show up and work hard.**

We will have two workout sessions; one for **returning athletes\*** & one for **new athletes.\*\***

\*A **returning athlete** is someone who played THS volleyball during the 2018-2019 school year.

\*\*A **new athlete** is someone who did not play volleyball at THS last school year. If you attended THS but did not play volleyball then you need to attend the new athlete training time. If the coaches determine that a new athlete should attend the returning athlete session then we will ask them to do so.

## Rules & Expectations:

- All incoming freshmen, boys & girls, are allowed to attend summer workouts. Anyone attending workouts has to be a THS student, or an incoming THS student.
- Incoming freshmen (and their parents/guardians) need to keep in mind that high school (organized) volleyball is very different from middle school volleyball.
- Summer workouts are practice and need to be treated as such. Athletes need to arrive 15 minutes early to setup/raise nets. All participants also need to come to the gym ready to improve their skills and work hard. If athletes consistently cause problems at workouts or aren't working hard they will be told to leave the gym. Please keep in mind that all coaches are **VOLUNTEERING** their time to help make all athletes better. Participants need to respect the coaches and do what they are told. Being coachable is key to improving!
- Participants will be taught how to dive. It is suggested that knee pads are worn when doing this, but they are not required.
- Each practice time will include at least 30-45 minutes of conditioning/weight lifting.

## Dress Code

In order to perform their best, athletes need to dress appropriately in the gym. Failure to comply with the gym dress code will result in athletes being told to leave practice. Athletes will be given one warning.

- **Acceptable attire:** spandex, leggings, sweats, athletic shorts, t-shirts, tank tops (not low cut), & court shoes. Athletes with long hair will be expected to wear hair ties during practice time.
- **Unacceptable attire:** spandex/leggings with see-through cutouts, camisoles, tight fitting/low cut tank tops, tops that expose the stomach, chucks, street shoes, jeans, jean shorts, khakis, khaki shorts, non court-shoes.

## Girls' Summer League

Our girls' program will be hosting a summer league at Tucson High on Thursday evenings. We will field 2 teams each week. Just like last summer the teams will most likely be different from week to week. This league is meant for returning athletes, not for incoming freshman. It's a great opportunity for returning players to continue honing their skills on the court or refresh them if they haven't played in awhile.

## David Rubio Team Camp

On July 12th-14th up to twelve of the boys' and girls' volleyball players will be attending the David Rubio Team Camp. Players will be asked to attend this camp based on their performance at summer workouts. Players who are asked to attend this camp will have to pay a fee of \$50.