



THS Boys' Volleyball

Pre-season Workout Schedule

We will have 2 open gyms before Winter break. You do not need to be cleared to attend these. They will be on:

Thursday, December 13th & Thursday, December 20th.

January 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/30 Winter Break	12/31 Winter Break	1/1 Winter Break	1/2 Winter Break	1/3 Winter Break	1/4 Winter Break	1/5 Winter Break
1/6	1/7	1/8 GBball vs. TGB Practice 6-8 PM East Gym	1/9	1/10 Weights/ Conditioning 6-7 PM	1/11 BBball vs. Cesar Chavez	1/12 Practice 12-2 PM West Gym
1/13	1/14	1/15 BBball vs. Alhambra Practice 6-8 PM East Gym	1/16	1/17 GBball vs. North Weights/ Conditioning 6-7 PM	1/18 GBball vs. Sapointe	1/19 Practice 12-2 PM West Gym
1/20	1/21	1/22 BBball vs. Maryvale Practice 6-8 PM East Gym	1/23	1/24 Weights/ Conditioning 6-7 PM	1/25 BBball vs. TGB	1/26 Practice 12-2 PM West Gym
1/27	1/28	1/29 GBball vs. Cesar Chavez Practice 6-8 PM East Gym	1/30	1/31 GBball vs. Alhambra Weights/ Conditioning 6-7 PM	2/1	2/2 Practice 12-2 PM West Gym

Our season starts Monday, February 4th!

Find us online: THSvolleyball.com



@THS_bvball



@thsvball

Come join a winning program!

Boys' Volleyball season is

February-May.

Pre-season practices will begin in January!

If you'd like to try volleyball without completing the paperwork come on Thursday, December 13th & Thursday, December 20th for an open gym! You also do not need to be cleared in order to participate in weight lifting/conditioning on Thursday evenings.

The AIA has ruled that all sports are allowed to have year-round practices. This means that players can receive instruction in the off-season. In order to participate in practices all athletes have to be cleared by the athletic office-just like they would to tryout for a sport.

In order to get cleared players need:

- a physical on official AIA paperwork,
- a completed [online athletic packet](#),
- a birth certificate (new athletes only)
- a concussion certificate (new athletes only).

You can get all of this paperwork in the athletics/finance office or at open gyms.

Coaches will receive a list of players who have been cleared before tryouts start. You cannot participate in off season practices (nor tryout) unless your name is on the list. No exceptions.

If you have already participated in, or tried out for another sport then you are already cleared to practice with us!