

# *Lady Panther Volleyball Information Sheet*

**All information and forms in RANK ONE by May 25th!**  
**(May not participate without this)**

**\*Volleyball Camp- July 23rd-26th (incoming 5<sup>th</sup>-9<sup>th</sup> only)**

## **1<sup>st</sup> Week Schedule:**

**July 31st- 4:30-5:30- Check in with Coaches, Paperwork, Equipment**

**First day of practice is Wednesday, August 1<sup>st</sup>!!!**

**August 1st- 7:15-10:30 / 12:30-1:45**

**August 2<sup>nd</sup>- 7:30-10:00 / 12:00-1:30)**

**August 3<sup>rd</sup> - 7:30-10:30 / Varsity 12:30-1:45**

**August 4<sup>th</sup> · Copperas Cove Scrimmage TBA**

**August 6th- LH Scrimmage- TBA**

\*\*\*\* On August 1<sup>st</sup> - at 7:30, we will run the mile, bring other shoes to run this in, not your volleyball court shoes, you may run in your own workout clothes and change into your volleyball workout clothes when we get back to the gym , **GOAL TIME for the MILE- 7:30-8:00 minutes!!! This is part of the try-out criteria.**

\*\*\*\*Pack water and a snack/meal- we will take a 10 minute break, and other short water breaks. We will have a lunch break from 10:30-12:30, you are not allowed to leave so plan accordingly. You will be required to stay out of the gym but in the locker room areas.

\*\*\*Tryouts will take place for the First Two days. Teams will be posted at 2:30 on Thursday afternoon. If you are not at tryouts, and have not made an attempt to contact me, you will not be given an opportunity to make a team. **(Vacation is not an acceptable reason to not be a try-outs)**

**\*YOU MAY NOT PARTICIPATE IN ANY PART OF TWO-A-DAYS  
WITHOUT ALL PAPERWORK ON FILE WITH MRS. H !!!!  
TAKE CARE OF THIS BEFORE July 1ST!**

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**SHOES: Please have shoes that are black, white or gray**

**Open Gym dates/times:**

**9:30-11:00**

**June 7th**

**June 14th**

**June 21st**

**June 28th**

**July 2nd**

**July 12th**

**OPEN GYM WEEK: SOPHOMORES-SENIORS**

**July 23rd-26th**

**10:00-11:30**

**July 30-31st (possible Team Camp/Open Gym)**

**Make all attempts to be at Open Gym, let's get everyone on board and in the gym! Be at PAC, working out together makes us tougher! We can gain a lot by working out and building our team during the summer!**

Gretchen Peterson- 512-296-0807