



LHS Pre-Season Volleyball Packet

Welcome to the upcoming volleyball season! To ensure our athletes are prepared and ready to hit the court with their best foot forward, we've compiled this handy pre-season packet. This guide focuses on the key elements that will help players get in shape, hone their skills, and understand the upcoming events and dates leading up to tryouts.

Strength & Conditioning Training

Strength and conditioning are critical for volleyball players. A solid strength training program can improve power, speed, agility, and reduce the risk of injury. Lincoln High School offers a summer strength and condition program that can help you get ready for the season.

These sessions are daily; the weight room is typically open **7am-12pm** but, it is recommended that athletes planning to play volleyball, pick **3-4 days/week** starting **7am-8:30am**. This time allows for you to be involved in skills clinics and open gyms that would be happening after workout.

3 Days Lifting / 2 Days Speed, Agility & Conditioning

M-W-F - Lifting (Strength)

Tue / Thur - Speed, Agility & Conditioning (if not raining, or find room)

Tips for Effective Strength Training

- Always warm up before starting your workout.
- Focus on form and technique rather than lifting heavy weights.
- Cool down and stretch after each session to improve flexibility and prevent injury.
- Stay hydrated and maintain a balanced diet to support your training regimen.

Open Gyms

Join us for our volleyball Open Gyms most **Tuesdays** immediately after strength training. This is a great opportunity where players of all levels can come together to practice their skills, meet new friends, and have fun on the court. Our Open Gyms are open to all.

Skills Clinics

Sharpen your volleyball skills before the season starts by participating in our skills clinics. These clinics focus on individual skills such as serving, passing, setting, hitting, and defense. They are open to all WRPS female students, but highly recommended for those going into high school volleyball.

Upcoming Skills Clinic Dates:

June 12th 9am-10:30a

June 19th 9am-10:30a

**** This date will be weather dependent. Watch SportsYou for updates. ****

June 26th 9am-10:30a

Camps

Participating in volleyball camp is a fantastic way to improve your game, meet other players, and get a feel for competitive play. Our recommended camps offer intensive training programs for all skill levels.

Recommended Volleyball Camps

- **Freshman Only Boot Camp:** [June 10th-11th, LHS Fieldhouse]
 - Camp will run 12:30p-2:30p
 - A comprehensive camp focusing on all aspects of the game.
 - Available to incoming freshman only
- **High School (9-12) Team Camp:** [July 8th-July 10th, LHS Fieldhouse]
 - Camp will run **9am-2pm** (break for lunch)
 - Work on individual and team skills
 - Team Bonding and fun!
- **Youth (3-8) Camp:** [August 19th-21st, LHS Fieldhouse]
 - **August 19th grades 7/8 only**
 - **August 20-21st grades 3-8**
 - Camp will run **9-11a**
 - If you have younger siblings interested in playing volleyball, they are welcome to join us for youth camp!

Monday Night League

Get some practice in a game setting by joining our Monday Night League. This is a casual, yet competitive environment where you can apply what you've learned in clinics and camps.

Monday Night League Details Coming

Please indicate in sign-up form if you are interested in the summer Monday league.

Tryouts Information

Tryouts are your opportunity to showcase your skills and earn a spot on the team. Be sure to arrive in good physical condition and ready to demonstrate your abilities.

It is critical that you complete registration and physicals prior to the start of tryouts. Athletes without proper clearance from a physician will **NOT** be allowed to try out. Absolutely no exceptions!

Tryouts Schedule

- **Date:** August 19th-August 23rd
- **Time:** TBD
- **Location:** LHS Fieldhouse

What to Bring to Tryouts

- Water bottle
- Appropriate athletic wear and shoes
- Knee pads
- A positive attitude and strong work ethic

Tryout Tips

- Arrive early to warm up and get a feel for the court.
- Communicate with teammates during scrimmages.
- Be coachable and open to feedback.

We are excited to see the hard work and dedication you will bring to the upcoming volleyball season. Remember, preparation is key, and attending clinics, camps, and participating in the Monday Night League will give you a competitive edge. Stay focused, train hard, and most importantly, have fun! See you on the court!

Contact information:

1. Join the **SportsYou App** for continuous reminders and updates on summer opportunities. Make sure your notifications for the app are on! You can also use this to contact coaches!



Access code: **6ZHHP79**

2. **Sign up, Social Media Accounts, and Website:**



3. **Coach Buzelli**

Cell Number : **608-432-2910**

Email : faith.buzelli@wrps.net

School : Lincoln High School **Room 246**