

**St. Joe High School Winter/Spring/Summer 2017  
Volleyball Workouts**

The volleyball spring/summer workout schedule is listed below. All HS girls interested in trying out next year are encouraged to participate. The St. Joseph volleyball staff is looking forward to seeing the progress you have made in the off season. Although these workouts are not mandatory it is strongly suggested that you participate as frequently as possible. Looking forward to a great 2017 season.

**Physicals:** In school physicals are Wednesday, May 31st and Wednesday, August 2nd @ 5:00PM in the SJHS Field house. You must have a physical on file in office to attend tryouts. No player will be allowed to tryout without this.

**Meetings:**

Player Meeting Monday, May 8th @ 3:00PM in FH classroom  
Freshman Player Parent Meeting Thursday, May 25th @ 6:00 in FH  
Parent/Player Meeting Monday, July 24th @ 6:00 PM in the FH

**Open Gym Schedule:**

Every Thursday from 5-7pm ( Starts February 9th and continues thru June 1st)

**Summer Workouts:**

**Setter Summer Workouts:** Monday 10:30-11:00AM/Wednesday 4:00-4:30PM

**Weight Lifting Schedule:** Monday 10-10:30AM/ Wednesday 4:15-4:45PM subject to change

**June 12th** 12:30-1:00 Shoe fitting for those interested in buying team shoe

**June 12th – 15th 8:30-12:30pm & 4:00-6:00pm - TEAM CAMP ( elem & ms in AM and HS portion in PM)**

(Varsity and Junior Varsity members will be selected to work this camp)

June 14	Wednesday	<b>SCRIMMAGE @ SJHS</b>	4:00-7:00PM
19	Monday	8:00-10:30AM	Positional Training/Drills
20	Tuesday	10:30AM-12:30PM	Beach Volleyball @ Silver Beach
21	Wednesday	<b>SCRIMMAGE @ SJHS</b>	4:00-7:00PM
26	Monday	8:00-10:30AM	Positional Training/Drills
27	Tuesday	10:30AM-12:30PM	Beach Volleyball @ Silver Beach
28	Wednesday	<b>SCRIMMAGE @ SJHS</b>	4:00-7:00PM

**July 1st - July 8th DEAD PERIOD/NO WORKOUT**

July 10	Monday	8:00-10:30AM	Positional Training/Drills
11	Tuesday	<b>DUNES</b>	8:00AM-6:00PM (All Teams)
12	Wednesday	<b>DUNES</b>	8:00AM-6:00PM (All Teams)
15	Saturday	Car Wash @ ACE Hardware	11:00AM-3:00PM
17	Monday	8:00-10:30AM	Positional Training/Drills
18	Tuesday	<b>Varsity Team Camp @ Ferris State/</b>	10:30-12:30 Beach Volleyball @ Silver Beach
19	Wednesday	<b>Varsity Team Camp @ Ferris State/</b>	<b>SCRIMMAGE @ SJHS</b> 4:00-7:00PM
24	Monday	8:00-10:30AM	Positional Training/Drills
25	Tuesday	10:30AM-12:30PM	Beach Volleyball @ Silver Beach
26	Wednesday	<b>Varsity Team Camp @ Hope College/</b>	<b>SCRIMMAGE @ SJHS</b> 4:00-7:00PM
27	Thursday	<b>Varsity Team Camp @ Hope College</b>	
28	Friday	<b>Varsity Team Camp @ Hope College</b>	

**July 29th - August 8th NO WORKOUTS**

**August 10th – August 12th 5:00PM-9:00PM TRYOUTS {Mandatory/No exceptions}**

All days and schedules are subject to change. Physicals must be done prior to tryouts. If you don't have a physical you will not be allowed to tryout. Remember working hard in the off season provides us with the opportunity to compete at a higher level during our season. Your commitment to workouts and your teammates during this have long term benefits for the program and yourself. Go Team!!!!

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