

Paola Volleyball

2024 Summer Expectations

These expectations will help you get ready for the upcoming volleyball season. It will also help you to stay in shape (or get in shape), get stronger, and will prevent injuries during the season. The end goal is to be more competitive and successful during the season. Remember these are expectations, I cannot make any of these things mandatory. These are opportunities for you to build upon your current skill level, strength, agility, and stamina.

1. **RUN/EXERCISE:** If you do not run and get in shape over the summer, you will be hurting on the first day of practice. The first day is always a lot of volleyball drills that also contain conditioning!
2. **SUMMER WEIGHTLIFTING:** Attend summer weightlifting/agility. If we are not strong, we will not be able to compete with other teams!

Weights are Monday - Thursday from 7:00-11:00 AM. Weights start in June. Check Paola's activity calendar on the website for specific dates.

3. **OPEN GYMS:**

- In June:
 - Every Wednesday and Thursday from 7:00-8:00 AM
 - Sundays - positions training (passer, setter, hitter) from 2:00-4:00 PM
- In July:
 - Every Wednesday and Thursday from 7:00-8:00 AM
 - Sundays positions training (passer, setter, hitter) from 2:00-4:00 PM
- Always check your summer calendar and the Paola Vball GroupMe

4. **SUMMER LEAGUE: JUNIORS/SENIORS/ATHLETES ON VARSITY ROSTER**

Attend summer league as often as you can. SUMMER LEAGUE IS ON TUESDAY (& ONE THURSDAY) EVENINGS. PLEASE SEND A MESSAGE IN THE GROUPME APP IF YOU ARE UNABLE TO MAKE IT. Coach Palmer will send out an invite text to those who are participating.

5. **PHS VB CAMP:** You must attend the PHS VB Camp. There are no excuses for not attending camp unless discussed with Coach Palmer prior to July. If you are going to participate in volleyball; you should attend camp. Athletes must help with the middle

PHS Volleyball Camp

All Skills Camp

July 16 - 18th @ 6:30 - 8:00 p.m.



Incoming Freshman - Seniors

Bring knee pads, water, and athletic shoes.



Cost is \$40 – Register by May 10th

Make checks payable to PHS Volleyball

Send cash/check & registration to: Paola High School VB -
Palmer

Or Venmo: @Mariekemery



Paola Volleyball Camp Registration

Return to Coach Palmer

Players Name _____

Guardian Name _____

Guardian Phone _____

SHIRT SIZE: ADULT S M L XL 2XL

Grade Fall 2024 _____

Medical Info? _____

Circle: Cash Check # _____ Venmo

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Open gyms are in the aux gym!			1
2	3	4 Summer League Wellsville	5	6 Open gym 7-8:00 AM	7	8
9	10	11 Summer League Wellsville	12	13 Open gym 7-8:00 AM	14	15
16 Positions 2-4	17	18 Summer League Wellsville	19 Open gym 7-8:00 AM	20 Open gym 7-8:00 AM	21	22
23 / 30 Positions 2-4	24	25 Summer League Wellsville	26 Open gym 7-8:00 AM	27 Summer League Wellsville	28	29

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Tryouts 3:30-5:30	20 Tryouts 3:30-5:30	21 First Day of Practice!	22	23	24
25	26	27	28	29	30	31