

**Boerne High School
Girls Volleyball
2024 Tryout Information**



Contacts

Coach Lawrence: stacisonke@gmail.com

We are excited to start preparing for the 2024 Greyhound Volleyball Season! Below you will find information on the upcoming season including summer calendar, tryouts, parent/player meeting and regular season information.

Tryouts

August 5th

6:00am - 8:00am

All Program Returners

4:30pm - 7:30pm

Incoming 9th and New Players

August 6th

6:00am - 8:00am

Session I

4:30pm - 6:00pm

Session II

Following Monday's tryouts, invitations will be sent to each athlete to determine their next tryout session (I or II).

6:00pm - 7:30pm

All Athletes (Session I joins Session II)

Each player will be evaluated based on individual skills, which include, but are not limited to: passing, setting, hitting, serving, blocking and other "soft skills" (teamwork, attitude, work ethic, etc.). Players with higher rankings will be considered for a Varsity roster spot based on positions needed, regardless of grade level or years played. Cuts will likely be made in order to keep reasonable roster sizes to provide our student-athletes with reasonable amounts of feedback and play-time.

The 2024 Boerne HS Girls Volleyball Program will be decided by **10pm Tuesday, August 6th**.

Regular Practices

Practices will begin on *Wednesday, August 7th*. Pre-season practice times will vary and will be announced at a later date.

During the school year all varsity players may have a scheduled practice after school a couple days a week.

Season Schedule

First Week of August (TBD)- Parent/Player Program Meeting

August 9th/10th- Pre-Season Scrimmages

August 12th- Regular Season Games Begin

October 30th- End of District Play

November- Playoffs Begin

Varsity Playoffs

If Varsity makes the playoffs, be prepared for our season to go all the way to *mid-November* if we keep winning! All members of the Varsity team will need to commit to this timeline.

Summer Preparation

We highly encourage you to play or touch a volleyball throughout the summer. Tryouts will not be easy and cuts will very likely be made. So prepare yourself!

Boerne High School is running a Strength and Conditioning Camp for 7-weeks this summer. These are NOT mandatory, but are encouraged to help reduce risk of injury and elevate performance in the fall. If you are interested in registering, please use this link:

<https://boerneisd.revtrak.net/athletics/#/list>.

Any questions can be directed to Coach Hendrix: — chenon.hendrix@boerneisd.net

Camps and Clinics

There are many camps and clinics available this summer in the San Antonio area. We will be hosting a Team Camp the week before tryouts begin with a high-level college coach. Please plan to be available the week of **July 29th- August 2nd** as times are being finalized.

On your OWN

There are lots of ways that you can prepare yourself for tryouts on your own, with a friend or family member.

Get your body physically ready for the season by building strength in the following areas:

Core Strength and Stability - planks, crunches, mountain climbers, side planks

Arm Strength and Stability - push ups, resistance band prehab, lifting light weights for speed

Leg Strength and Explosiveness- squats, jump squats, lunges, calf raises

AVOID LONG DISTANCE RUNS- we want short explosive movements, long distance running counteracts this

Endurance: sprints, a few miles with sprints mixed in, lateral movements, ladders

Eat well, hydrate and stay active!

See you soon! Go Hounds!