

Dixon Duchesses Volleyball



Summer 2008 Schedule

June: 4, 11, 18, 25 Open Gym 7:00 – 9:00 pm

Activities: Open Gym is just that a time to come in and play. This will not be a drill-oriented activity. We will do some sort of warm up game, stretch maybe do some hitting and then divide up and play. If we have enough players to set up both nets we will.

June: Plan on spending three days a week in the weight room

July: Plan on spending two – three days per week in the weight room

August: Plan on spending three days per week in the weight room

Times that the weight room will be open will be posted (Mr. Gaffey will be meeting with the Coaches to set up times) and a sign in sheet will be located in the weight room. I plan on being in the weight room in the evenings from 4:00 – 5:30 pm if you want to come work out with me, but find a time that works best for you and get it done. Finding one or two workout partners who can get you there and get your work done is important. Two times per day: Mornings (TBA), Evenings (4:00 – 5:30pm)

Activities: Weight training will be an important part of your off season routine. It not mandatory that you participate in this program, but it is expected that you be involved in some sort of supervised weight training. Conditioning will be a part of every session and will be a big part of next falls program. This will be a mixture of plyometrics and running.

July: 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 Westwood 5:00,6:00,7:00 pm

Activities: We will once again be signing up for the summer league at Westwood. There will be a cost to participate in this activity. At this point I would plan on paying \$25. There will be a Fresh/Soph team and a Varsity Squad.

July: 21-22, 24-25 will be the Duchesses Volleyball Camp.

Activity: This year we are setting up the Volleyball Camp very much like last years. Monday and Tuesday will be position camps. We will work with smaller groups during the morning sessions on differing skills. The idea is to get as many reps as possible. Thursday and Friday will be team camps with the Fresh/Soph working together and the varsity working together. Cost will be \$65. Camp times 7-10am

Also, we will be holding the Elementary and Junior High Camp that same week.

August 1-August 8: Senior Led Practices

Activities: This year's seniors will be organizing three to five activities during that time to help get you ready for the opening of Volleyball.

August 13: Volleyball Starts Tryouts (First 3 or 4 Days) Three – a – Days

Activities: YES, 3 practices per day. Don't worry it won't be that bad. Times to be announced. First practice however has been set. 7:00 am on the Dixon Track.