

## **Bishop Verot Vikings Volleyball – 2016 Summer Training Schedule**

### **MAY 2016**

Wednesday, May 4<sup>th</sup> – Strength and Conditioning – 3:00-4:00PM

Friday, May 13<sup>th</sup> – Strength and Conditioning – 2:45 – 3:45PM

Friday, May 27<sup>th</sup> – Strength and Conditioning – 2:45 – 3:45PM

### **JUNE 2016**

Tuesday, June 7<sup>th</sup> – Open Gym – 4:00-6:00PM

Friday, June 10<sup>th</sup> – Strength and Conditioning – 8:45-10:00AM

Tuesday, June 14<sup>th</sup> – Open Gym – 4:00-6:00PM

Friday, June 17<sup>th</sup> – Strength and Conditioning – 8:45-10:00AM

Tuesday, June 21<sup>st</sup> – Open Gym – 4:00-6:00PM

Friday, June 24<sup>th</sup> – Strength and Conditioning – 8:45-10:00AM

Tuesday, June 28<sup>th</sup> – Open Gym – 4:00-6:00PM

Thursday, June 30<sup>th</sup> – Strength and Conditioning – 8:45-10:00AM

### **JULY 2016**

Monday, July 11<sup>th</sup> – Open Gym – Time and Location TBD

Friday, July 15<sup>th</sup> – Strength and Conditioning – 8:45-10:00AM

Monday, July 18<sup>th</sup> – Open Gym – Time and Location TBD

### **University of Tampa Volleyball | TEAM CAMP 2 – July 21 – July 24**

NOTE: all players interested in trying out for Bishop Verot volleyball are eligible to attend Tampa Team Camp with the program. Players are assigned to team by age/experience/skill. Please note, attending team camp does NOT guarantee a spot on the junior varsity or varsity roster.

Register as soon as possible for Team Camp at <http://www.tampavolleyball.com/camp-schedules/team-camp-schedule/> - make sure you select Bishop Verot as your school and e-mail [volleyball@bvhs.org](mailto:volleyball@bvhs.org) to confirm your spot.

### **AUGUST 2016**

Vikings Volleyball Tryouts – August 1 – August 3 -- Last year we had forty players try out for roughly 24-28 spots. We anticipate a similar turnout this season. Therefore, cuts are a realistic possibility. At Bishop Verot we start every season with an empty slate, players will earn their roster spot over the course of these two-three days.

On Monday, August 1<sup>st</sup> and Tuesday, August 2<sup>nd</sup> ALL players at ALL grade levels will begin tryouts. At the conclusion of tryouts on Tuesday, August 2<sup>nd</sup> the Varsity Volleyball roster will be selected.

On Wednesday, August 3<sup>rd</sup>, any player who did NOT make the varsity volleyball roster and is NOT a senior in high school is eligible to return for the final day of tryouts if they so desire. At the conclusion of tryouts on Wednesday, August 3<sup>rd</sup> we will complete the Junior Varsity Volleyball roster. At this time, if players are being cut, we may choose to offer team manager spots. A team manager attends practices, can participate in some, but not necessarily all of the drills, attends matches and helps keep stats or manage the scoring table during home games.

It is important to note, that with the exception of tryouts in August all dates on this schedule are encouraged attendance, but are optional and not mandatory. We do like to know in advance if players will miss dates so we can plan workouts or open gym time accordingly, but know this is not always possible.