



Creekside Volleyball Summer 2021



Head Volleyball Coach: Megan Bowers

Email: megan.bowers@stjohns.k12.fl.us

****Conditioning:** In contrast to past years will be running out conditioning program through KNG Volleyball. This will include participation in Summer League, practices and workouts – such as conditioning, agility, plyo, possibly weight room work.

Participation does not guarantee you a spot on team.

The fee will be \$150 for the 5 weeks of summer. Checks made payable to Creekside Volleyball.

****Summer Practices:** All practices will be Tuesday mornings @ 6:30-8:30am, beginning June 15 and ending July 20. Practices are open to anyone interested in playing volleyball at Creekside. There will be some beach scrimmages Wednesdays from 8:00-10:00am or we will have indoor practice depending on weather conditions. Players must be zoned Creekside or registered at the school prior to participating. **Attendance and payment does not guarantee you a spot on the team.**

****Summer League:** There will be summer league at JJVA on Mondays beginning June 14 – July 20. We will be broken into two groups- Group 1 will participate from 4:30-6:30pm, Group 2 will participate from 6:30-8:30pm. **There will be a tryout to make Group 2 on Monday, June 7 at 3:30-5:00pm.** Group 1 will be 11/12th grades, anyone with Varsity experience, or by special invitation. **Group 2 will be 9/10th grades based on summer league tryouts on or special invitation.** You may have the opportunity to be moved into group 2 at a later date. **If you do not make summer league group 1 or 2, you are encouraged to still to come to all practices and work on your skill. Please do NOT contact JJVA for information, please email Coach Bowers.**

Fee Breakdown \$150

- 5 weeks
- 3 days per week at 2 hours per day
- Scrimmages – summer league entry fee and shirt
- Two practices – which will include either conditioning, agility, plyometrics, skill work, etc

****Athletic Forms** - Each athlete must have the following forms completed and scanned into **Athletic Clearance** (directions/forms online under the Athletics tab):

1. physical (EL2) good for one year April 15, 2020 – April 14, 2021
2. parent consent (EL3) forms (on Athletic Clearance)
NO HARD COPIES, everything is electronic.



There will be an athletic fair on **Saturday, April 24** at Dr. Osborne. Physicals will be available at \$20 per student. Proceeds will go to the athletic medicine program. This helps fund tape, bandages, and other equipment to help our athletes stay on the court and/or rehab at the school. Signup Genius to register for the physical <https://www.signupgenius.com/go/9040a44a8ac2aaaf94-athletic>



Beach: This is an NCAA sport as well as FHSAA sanctioned. the girls can earn college scholarships. We do offer this as a spring sport as well. I encourage the girls to find a partner that compliments them and play in tournaments over the summer. **There are junior beach tournaments for all ages in Jacksonville, Orlando, Tampa, etc.** The advantage to playing on the beach is more conditioning both agility and plyometrics. It also teaches the girls to communicate more, read the players on the other side of the net and work on angles and ball control. It is a great resource to train our girls while getting them out of the gym and doing something “different”.

Building our own courts! Please share the link below. Our version of GoFundMe please share it to everyone you know. 😊 It is a donation link to fund the sand volleyball courts!
<https://schoolpay.com/pay/for/Fund-the-Sand-Volleyball-Court--Open-Don/SfNy7v>

Camp Information:

- Knights Next Generation Volleyball Camp (KNG Volleyball) Community service hours
 - June 28-July 1 (Grades 4-8) 9am-12pm \$130
 - **All returning players are asked to help run the camp**

TRYOUT INFORMATION: *Tryouts for the 2021 season are on Monday, August 2 @ 4:00-6:00pm JV tryouts, 6:00-7:30pm Varsity tryouts. If a player misses tryouts they will not make the team, there will be NO make-up tryouts. All practices after tryouts (beginning August 3) are required practices. There will be a JV and Varsity team. Must be cleared through Athletic Clearance prior to tryouts.*

TRYOUTS

- Tryouts will be evaluated on skill, team chemistry, attitude, work ethic, along with a few other topics that makes a team, a team. Skill alone will not get you on the team.
- **Participation on any team last year does NOT guarantee you a spot on the team, regardless of grade level, experience or previous play time.**
- **Participation in spring workouts, summer practices, leagues and camp does NOT guarantee you a spot on the team.**

WE ARE ONE!



SUMMER CALENDAR 2021

Tryouts are on August 2. If a player misses tryouts they will not make the team, there will be NO make up tryouts. All practices after tryouts are required practices. We are in season at this point. Athletes must have EL2 and EL3 to participate in any activities and cleared through Athletic Clearance. Go to the CHS Athletics Webpage for forms.

◀ May 2021		June 2021			Jul 2021 ▶
Mon	Tue	Wed	Thu	Fri	
	1	2	3	4	
7 Summer League Group 2 Tryout 3:30-5:00pm (9/10 grade)	8	9	10	11	
14 4:45-6:30pm V- Summer League 6:45-8:30pm JV – Summer League	15 6:30am-8:30am Practice	16 8:00-10:00am Beach Practice (split into 1 hr time slots)	17	18	
21 4:45-6:30pm V- Summer League 6:45-8:30pm JV – Summer League	22 6:30am-8:30am Practice	23 8:00-10:00am Beach Practice (split into 1 hr time slots)	24	25	
28 KNG Volleyball Camp for kids 4:45-6:30pm V- Summer League 6:45-8:30pm JV – Summer League	29 KNG Volleyball Camp for kids	30 KNG Volleyball Camp for kids			

◀ Jun 2021		July 2021			Aug 2021 ▶
Mon	Tue	Wed	Thu	Fri	
			1 KNG Volleyball Camp for kids	2	
5	6 6:30am-8:30am Practice	7 8:00-10:00am Beach Practice (split into 1 hr time slots)	8	9	
12 4:45-6:30pm V- Summer League 6:45-8:30pm JV – Summer League	13 6:30am-8:30am Practice	14 8:00-10:00am Beach Practice (split into 1 hr time slots)	15	16	
19 4:45-6:30pm V- Summer League 6:45-8:30pm JV – Summer League	20 6:30am-8:30am Practice	21 8:00-10:00am Beach Practice (split into 1 hr time slots)	22	23	
26 Rest Week	27	28	29	30	

◀ Jul 2021		August 2021			Sep 2021 ▶
Mon	Tue	Wed	Thu	Fri	
2 Tryouts 4:00-6:00pm JV 6:00-7:30pm Varsity	3 4:00-6:30pm Practice	4 4:00-6:30pm Practice	5 4:00-6:30pm Practice	6 4:00-6:30pm Practice	
9 4:00-6:30pm Practice	10 4:00-6:30pm Practice	11 4:00-6:30pm Practice	12 4:00-6:30pm Practice	13 4:00-6:30pm Practice	
16 4:00-6:30pm Practice	17 4:00-6:30pm Practice	18 3:00-5:30pm Practice	19 4:00-6:30pm Practice	20 4:00-6:30pm Practice	

Tryouts for the 2021 season are on Monday, August 2 @ 4:00-6:00pm JV tryouts, 6:00-7:30pm Varsity tryouts. If a player misses tryouts they will not make the team, there will be NO make-up tryouts. All practices after tryouts (beginning August 3) are required practices. There will be a JV and Varsity team. Must be cleared through Athletic Clearance prior to tryouts.

