



Creekside Volleyball Summer 2022



Head Volleyball Coach: Megan Bowers

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

Attendance and payment does not guarantee you a spot on the team.

****Summer Practices:** All practices will be Tuesday and Wednesday mornings @ 6:30-8:30am, beginning June 7 and ending July 20. Practices are open to anyone interested in playing volleyball at Creekside. There will be some beach practices Thursdays from 8:00-10:00am (times could change) depending on weather conditions. Players must be zoned Creekside or registered at the school prior to participating.

Summer Scrimmages: We will be scrimmaging local school at Creekside, Nease, Bartram or possibly other locations on our practice days. Hopefully at those times of 6:30-8:30am on Tuesday or Wednesday mornings. This may change locations.

The fee will be \$125 for the 5 weeks of summer. Checks made payable to Creekside Volleyball.

Fee Breakdown

- 5 weeks
- 2-3 days per week at 1-2 hours per day
- Scrimmages – gym 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, 2021 – April 14, 2022**
2. **parent consent (EL3) forms (on Athletic Clearance)**
NO HARD COPIES, everything is electronic.



There will be an athletic fair on **Saturday, May 21** at Creekside HS. Physicals will be available at \$25 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.



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 27-June 30 (Grades 4-8) 9am-12pm \$135
 - **All returning players are asked to help run the camp**

Strength Camp:

Work to Win will be having a strength camp M, T, Th 11am-12pm for all athletes. This will be weight room work.

TRYOUT INFORMATION: *Tryouts for the 2022 season are on Monday, August 1 @ Fruit Cove 7:00-8:30am JV tryouts, 8:30-10:00am 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 2022

Tryouts are on August 1. 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JUNE		1	2	3	4
5	6	7 6:30-8:30am Practice Conditioning	8 6:30-8:30am Practice Conditioning	9 8am-10am Conditioning/Beach	10	11
12	13	14 6:30-8:30am Practice Conditioning	15 6:30-8:30am Practice Conditioning	16 8am-10am Conditioning/Beach	17	18
19	20	21 6:30-8:30am Practice Conditioning	22 6:30-8:30am Practice Conditioning	23 8am-10am Conditioning/Beach	24	25
26	27	28 6:30-8:30am Practice Conditioning	29 6:30-8:30am Practice Conditioning	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JULY				1	2
3	4	5	6 8:00-10:00am Conditioning	7 8:00-10:00am Conditioning Beach	8	9
10	11	12 6:30-8:30am Practice Conditioning	13 8:00-10:00am Conditioning	14 8:00-10:00am Conditioning Beach	15	16
17	18	19 6:30-8:30am Practice Conditioning	20 8:00-10:00am Conditioning	21 8:00-10:00am Conditioning Beach	22	23
24	25 WEEK OFF	26	27	28	29	30
31	AUGUST 1 Tryouts @ Fruit Cove MS JV 7-8:30am V 8:30-10am	AUGUST 1 Practice begins 7-10am @ Fruit Cove				

