

BUCHANAN GIRLS VOLLEYBALL

SUMMER PROGRAMS 2020

for athletes entering grades 7 & 8

Jr High Workouts

Grades 7-8

We need to be faster and stronger than our competition and summer workouts is where it starts. All workouts will be injury preventative and volleyball specific, geared towards the explosive and anaerobic nature of the sport.

***Workouts are catered to our Jr High athletes and emphasize full body movement, range of motion, and functional training. They will be working mostly with their own body weight, bands, med balls.

Cost- \$50

Days- Mon, Wed, Thurs

Dates- June 8- July 30th, 2020

Time- 8-10am Mon+Th, 9-10am Wed (core, mobility, flexibility day)

CUSD Select Clinic

Grades 2-8

All athletes (open to boys also!) will learn all techniques in a progressive manner. Staff technique demonstrations and quality **skill** instruction will include: serving, passing, setting, attacking, and backcourt defense. This camp takes the energy and excitement of this great team sport and puts it together with fun competition and play. T-shirt included!

Cost- \$50 by June 5th or \$65 for late registration.

Dates- June 9-11, 2020

Time- Grades 2-5: Check-in 8-8:30am. Camp 8:30-10:00am

Grades 6-8: Check in 9:30-10:00am. Camp 10:00-12:00pm

Jr. High Summer League

Grades 7-8 in Fall 2020

ASI Girls ONLY: This league will be selected on a first come first serve basis. The program will focus on concepts of the game (rotations, positions, transition, etc). Competition will be introduced in the form of scrimmages and game-like drills. This is a great way to prepare athletes going into their fall Jr High season. For four weeks (8 sessions), they will train one day and compete another, getting opportunities to play in house teams and also teams from other Jr High Schools.

*Break/No competition the week of 4th of July. Optional practice July 2

Cost (\$60) includes: training, competitions, coach fees, t-shirt.

Tuesday June 16th, 10:00-12:00pm: First training and team grouping. @BHS West Gym

Thursday June 18th, 10:00-12:00pm: Second Training and team grouping @ BHS REC Gym

Monday June 22nd, 3:00-6:00pm: Competition Day #1 @ BHS REC & West Gyms

Thursday June 25th, 10:00-12:00pm: Training @ BHS REC Gym

Thursday July 2nd, 10:00-12:00pm: Training @ BHS REC Gym

Monday July 6th, 3:00-6:00pm: Competition Day #2 @ BHS REC & ASI Gyms

Thursday July 9th, 10:00-12:00pm: Training @ ASI Gym

Monday July 13th, 3:00-6:00pm: Competition Day #3 @ BHS REC & West Gyms

For additional information and online registration beginning APRIL 2020, please visit

buchanangirlsvolleyball.com/summer

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