

BUCHANAN GIRLS VOLLEYBALL

High School Summer Programs 2020

Volley School

Grades 9- 12 for Fall 2020

Athletes will come together to learn and discuss various topics related to volleyball performance such as: ways to lead, build trust, better communicate, nutrition, sport psychology topics, and position specific tactics.

Dates: Mondays- April 27, May 4, May 11, May 18

Time: 3:00-4:00pm

Location: Classroom 813

HS Summer Workouts

Grades 9-12

Strength and conditioning for Buchanan Girls Volleyball athletes. We need to be bigger, 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.

Days- Mon, Wed, Thurs

Date: June 8- July 30th, 2020

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

HS Summer League

Grades 9-12

This is for BHS girls entering grades 9-12 only. We will come together for practice on Mondays and play in a summer league against other local teams on Wednesdays.

Days- Mon & Wed

Date: June 8-July 15 (break week of 4th of July)

Time- Monday practice 10am-12pm. Wednesday (3-6pm JV & Frosh/ 6-9pm Varsity)

Fundraisers/Camps

Returning athletes entering grades 10-12

Helping coach our camps contributes towards raising money for our program, the athletes can build their volunteer hours, and also will earn a free Buchanan Volleyball performance shirt that they can wear to GVB PE the following school year.


- Free Elem Clinic Dates- June 1, 2020 Time- 2:45pm- 5pm
- CUSD Select Clinic Dates- June 9-11, 2020 Time- 7:00am-12pm
- Tarpey Grass Clinic Date- TBA Time- 8:00am-11am
- Jr High Summer League Dates- Mon/Thurs You will be assigned 2 sessions

Cost for all high school programs including volleyschool, workouts, summer training & summer league: \$100

Please fill out the bottom portion of this form, cut & detach on the dotted line, and return to Coach White by June 8th, 2020. Please make checks payable to: Buchanan Foundation and in the memo put girls volleyball.

For additional information and online registration, please visit buchanangirlsvolleyball.com

buchanangirlsvolleyball@gmail.com

 Athlete Name: _____ Athlete Grade: _____ Athlete Shirt Size: _____
Parent Name: _____ Parent Phone: _____ Parent Email: _____

Does your child have any health concerns? No Yes: _____

Waiver: I hereby give my approval for my child's participation in BHS GVB summer programs including leagues, training, camps & clinics. I assume all risks, and hazards incidental to the conduct of the activities aforementioned, and transportation to and from said activity. I do further release, absolve, indemnify, and hold harmless the CUSD Clovis Community Sports & Rec Department, its organizers, sponsors and its leaders appointed by them. It is further understood that CUSD Clovis Community Sports & Rec Department and BHS GVB will not provide insurance.

I understand

Signature: _____