

FHS GIRLS VOLLEYBALL

SUMMER/ FALL 2019



SUMMER CAMPS

- June 17th - 21st 1:00 pm - 4:00 pm
- July 23rd - 26th 4:00 pm - 7:00 pm

OPEN GYMS

- July 30th 4:00 pm - 6:00 pm
- July 31st 4:00 pm - 6:00 pm
- Aug 1st 4:00 pm - 6:00 pm
- Aug 6th 4:00 pm - 6:00 pm
- Aug 7th 4:00 pm - 6:00 pm
- Aug 8th 4:00 pm - 6:00 pm

CONDITIONING

- July 30th 3:30 pm - 4:00 pm
- July 31st 3:30 pm - 4:00 pm
- Aug 1st 3:30 pm - 4:00 pm
- Aug 6th 3:30 pm - 4:00 pm
- Aug 7th 3:30 pm - 4:00 pm
- Aug 8th 3:30 pm - 4:00 pm

TRYOUTS

- August 12, 13, 14 All 9th, 10th, 11th graders 3:45-5:30 pm
- August 12, 13, 14 All 12th graders 5:30-7:30 pm
 - 9th, 10th, 11th graders by invite only

*Tryout Dates and times are subject to change. Please check for updates once school has started.

You must have completed all medical paperwork to attend any of the summer/ preseason activities. All ONLINE paperwork must be completed and you MUST be cleared to attend tryouts. All physicals must be dated **AFTER JUNE 1, 2019

Summer HOME Conditioning

It is so important to get into the best physical and athletic shape you can prior to season starting. Good conditioning practices can help prevent injuries, improve mobility and make for a more successful athlete. Below are three separate workouts designed to increase endurance, mobility and improve overall fitness. Workouts should be done with as little rest as possible. Hydrate- Drink lots of water and consume HEALTHY foods. For the below workouts it's a 5 day workout out of 7 each week. M W F- Conditioning Days T TH upper and lower body days. Give yourself a two day break each week. Every day pass and set a volleyball 250 times :)

<p>Upper Body-</p> <p>50 Jumping Jacks</p> <p>50 High Knees</p> <p>50 Butt Kickers</p> <p>25 Modified Push Ups (if you can do regular do them)</p> <p>25 Jumping Jacks</p> <p>25 High Knees</p> <p>25 Butt Kickers</p> <p>10 Regular Push Ups (if can't go all the way to floor then push back up)</p> <p>10 Jumping Jacks</p> <p>10 High Knees</p> <p>10 Butt Kickers</p> <p>5 Diamond or Clapping Push Ups (attempt)</p> <p>Below exercises go through all then repeat 4x</p> <ul style="list-style-type: none"> ● 10 Inch Worms (Feet together, bend til hands touch the floor, walk hands out to up, push up position walk hands in, stand up, reach to sky) ● 15 Tricep Dips (find a chair, a stair a bench) legs straight, body and legs in a straight line ● 10 Bicep Curls (if no weights grab some heavy cans, fill a small bucket with water (get creative) ● 20 Shoulder Taps (in push up position tap left shoulder with right hand then right shoulder with left hand - that's 1) <p>Below Exercises go through all then Repeat 4x</p> <ul style="list-style-type: none"> ● 25 Sit Ups ● 10 V-Ups ● 25 Count Plank <p>STRETCH</p>	<p>Lower Body</p> <p>3 Min Jog (in place or moving)</p> <p>50 Jumping Jacks</p> <p>25 Skaters</p> <p>5 Burpees</p> <p>2 Min Jog</p> <p>25 Jump Squats</p> <p>20 Runner's Lunges (Total)</p> <p>10 Burpees</p> <p>Below exercises go through all then repeat 4x</p> <ul style="list-style-type: none"> ● 20 Power Jumps ● 15 Weighted Lunges (per side) ● 10 Weighted Squats ● 5 Donkey Kicks (per side) <p>Below exercises go through all then repeat 2x</p> <ul style="list-style-type: none"> ● 50 Crunches (legs Up) ● 40 Russian Twists ● 30 Bicycles ● 20 Leg Raises ● 10 V-Ups <p>STRETCH</p>
<p>Conditioning Day 1 & 3-</p> <p>Workout Ladder- Do each Exercise:</p> <ul style="list-style-type: none"> ● 50 times, then 40, 30, 20, 10, 20, 30, 40, 50 <p>-Jumping Jacks</p> <p>-High Knees</p> <p>-Butt Kickers</p> <p>-Lunge Jumps</p> <p>-Skaters</p> <p>-Burpees</p> <p>-Crunches</p> <p>-Plank Hold to that count</p> <p>STRETCH</p>	<p>Conditioning Day 2</p> <p>You Pick the cardio activity- 30 minutes of continuous cardio. + 40 Push Ups and 100 Sit Ups</p> <p>Examples</p> <ul style="list-style-type: none"> ● Swimming ● Running ● Biking ● Playing another sport ● Playing volleyball <p>STRETCH</p>