**Churchville-Chili Girls’ Volleyball**

**2022 Season**

**Varsity**- Shelby Gear

**JV**-Kaelyn Phillips

**Modified**-TBD

**Program Assistant**- TBD

Varsity/JV start dates are scheduled to start Monday, August 22nd. Please continue to check the Girl’s Volleyball Webpage at <https://www.cccsd.org/VolleyballGirls.aspx> for any updated/changed information.



**Volleyball Info for 2022**

**Tryouts**

* Tryouts from Monday-Wednesday
* Team will be selected at the end of tryout on Wednesday
* Times for tryouts/practice will be 3-5pm (Mon-Fri), 9-11am Saturday starting August 27th for **VARSITY/JV**
* Modified coach will determine different times/days for tryouts starting on August 29th.

**Recertification**

* + No student will be eligible to play during the Team Selection Process without a valid Sports Physical and completed Recertification Form
  + Registration for 2022 season
  + 1. To register for a team, all information on how to do so can be found here - **https://www.cccsd.org/TeamRegistrationMedicalRecertification.aspx**
  + 2. Registration opens up 30 days prior to the 1st day of practice/tryouts.
  + 3. For this fall, the 1st day of practice/tryouts for JV/Varsity is August 22. Therefore, registration will open on July 23.
  + 4. You will need a valid physical within the previous 365 days of the season in order to be eligible to try out. The physical can be sent in to our nurse, or uploaded to the FamilyID registration.
  + Per the athletic website, the following are needed: When registering your student-athlete please be prepared to submit physician information, student health history, current medications, restrictions on physical activity, and a current physical.  The physical must give sports clearance, and be dated within one year of starting the sport.  If your child does not have a current physical on file, please schedule their appointment as soon as possible.  When completed, upload a copy to Family ID, or submit a copy of the physical to the health office.

**Follow these steps:**

* To find your program, click on the link provided and select the registration form under the word Programs.
* Next click on the green Register Now button and scroll, if necessary, to the Create Account/Log In green buttons. If this is your first time using FamilyID, click Create Account.  Click Log In if you already have a FamilyID account.
* Create your secure FamilyID account by entering the account owners First and Last names (parent/guardian), E-mail address and password. Select I Agree to the FamilyID Terms of Service. Click Create Account.
* You will receive an email with a link to activate your new account. (If you don’t see the email, check your E-mail filters (spam).
* Click on the link in your activation E-mail, which will log you in to FamilyID.com
* Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.
* Click the Save & Continue button when your form is complete.
* Review your registration summary.
* Click the green Submit button. After selecting ‘Submit’, the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

**PREPARATION**

* Do what you can to play over the summer (open gyms, leagues, tournaments, pick-up, peppering). Email Coach Gear for information on local leagues and tournaments.
* Suggested summer workout attached to remain active and be prepared for the season.
* Plan to be **10-15 minutes early** for tryouts and practice to help set up and start on time
* **Motivation:** Consider what you would like to get out of this season and what you can bring to this team. We are looking to have a competitive program with players that are leaders on and off the court.

**Schedule**

This will be the link for times and locations of practices and games. Bus times can also be found on this link. Click Churchville-Chili after clicking on the link and the date you are looking for.

<https://www.sectionvny.org/g5-bin/client.cgi?G5genie=783>

**Games**

* JV start time-4:30pm
  + Home games will be in Gym A
  + JV players will be in the gym at 3:45 to set up.
  + Varsity players will be at the gym by 4 pm to assist with JV warmup
* Varsity start time 6:00/6:30 (following the end of JV game)
  + JV players will assist with warm up
* **All players not working the match will be expected to remain in the gym during the time of the game to support their fellow team.**

**SUMMER WORKOUT**

**Jump/Plyo Training-At Max 1-2 times a week on alternate days**

**Box Jumps**

• Start with both feet together

• Jump on top of box or other secure/elevated platform

• Land softly and balanced

• Step down from elevation to starting position

• Repeat for 10-15 jumps

• Repeat the set up to 2-3 times.

**Single-Leg Box Jumps**

• Same as Box Jumps but off one leg

• Adjust elevation height accordingly

• Perform 5-10 jumps for each leg

**Stadium/Stair Hops**

• Find a series of stairs with about 25-50 steps

• Hop two-footed up all stairs

• Hop 1, 2 or 3 stairs at a time

• Repeat up to 2-3 times

**Single-Leg Stadium/Stair Hops**

• Same as Stadium/Stair Hops

• Hop off one foot

• Complete 10-20 hops each foot

**Lunge/Scissor Jumps**

• Start in standard lunge position with hands on hips

• Bend legs and lower hips until back knee almost touches floor

• Jump as high as possible and scissor legs

• Land with legs in opposite position: front leg switched to back

• Repeat for 15-20 jumps

• Repeat set up to 2-3 more times

**Lunge/Scissor Jumps (hands on head)**

• Same as Lunge/Scissor Jumps, with hands placed on head

**Lunge/Scissor Jumps (swing arms)**

• Same as Lunge/Scissor Jumps, swinging arms during jumps

**Broad Jumps**

• Stand in gymnasium or long hallway

• Broad jump off both feet

• Repeat for 15-20 jumps

• Cover as much distance as possible with each jump

• Repeat set up to 2 more times

**Broad Jumps with Single-Leg Landing**

• Same as Broad Jumps, but land on one foot

• Repeat 5-6 times for each foot

**Single-Leg Broad Jump and Landing**

• Same as Broad Jumps, but jump off and land on one foot

• Repeat 5-6 times for each foot

**Max Jumps**

• Choose target on wall or backboard

• Jump to target height 10-15 times

• Repeat set up to 2 more times

**Volleyball Jumps**

• Choose one type of volleyball jump (approach, block, lateral block, etc.)

• Perform jump 15-20 times

• Repeat set up to 2 more times

**Volleyball Combination Jumps**

• Same as Volleyball Jumps, but perform combination of jumps in series

**Arm Strengthening/Corps-1-2 times a week/alternate days a week from legs**

* Bicep Curls- 2-3 sets
* Pushups 2-3 sets of 10-15 reps
* Tricep Extensions-2-3 sets
* Plank sets (full plank, supermans, plank w/hip drop) for 30 seconds to work up to a minute
* Frog Crunches- Legs up, knees out when crunching, elbows to knees- 25 reps
* Twist Crunches-25 reps
* Reach Throughs-25 reps

**Active Recovery Day(s)**

* Yoga
* Light Jog
* Walk