**Churchville-Chili Girls’ Volleyball**

**2020 Season**

**Varsity**- Coach Shelby Gear

**JV**-TBD

**Modified**-Coach Wormley

**Program Assistant**- Karen Benedict

Due to the limits set by the pandemic, there is no set plan for the upcoming fall season. Varsity/JV start dates are scheduled for August 24th. Please continue to check the Girl’s Volleyball Webpage at <https://www.cccsd.org/VolleyballGirls.aspx> for updated information on tryout/practice times as we get closer to potential season.



**Volleyball Info for 2020**

**Tryouts**

* Tryouts from Monday-Wednesday
* Team will be selected at the end of tryout on Wednesday
* Pending times for tryouts/practice will be 3-6pm (Mon-Fri), 10-12 Saturdays starting August 24th for **VARSITY**
* JV coach may choose to have different times

**Recertification**

Opens July 24th, must complete before August 17th in case any issues arise

* + No student will be eligible to play during the Team Selection Process without a valid Sports Physical and completed Recertification Form.
  + Recertification is now done online. Visit the site: <https://www.familyid.com/organizations/churchville-chili-saints-athletics>
  + 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. \*COVID-19 may have an impact for leagues this summer
* 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 build a competitive program including team players, 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.

**VARSITY SCHEDULE 2020**

**(subject to change)**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aug 31, 2020 | | | | | | | | | |
| Tournament | 8:00AM |  | [Gates Chili High School](javascript:view_note('14056995_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | | Gary Adler Memorial Tournament | |  | |
| Sep 3, 2020 | | | | | | | | | |
| Crossover | 6:00PM | Rush-Henrietta | Home |  |  |  | |  | | --- | |  | | |  | | --- | |  | | . | |  | |  |
| Sep 5, 2020  Tournament 8:00 AM Penfield Tournament    Sep 8, 2020 | | | | | | | | | |
| Crossover | 6:00PM | Away vs. Penfield Central | [Penfield Central High School](javascript:view_note('14027995_783')) | 3:15PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 10, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Away vs. Webster Thomas | [Webster-Thomas High School](javascript:view_note('14027952_783')) | 3:00PM |  |  | |  | | --- | |  | |
| Sep 14, 2020 | | | | | | | | | |
| NonLeague | 6:30PM | Palmyra-Macedon | [Churchville-Chili High School  Gym A](javascript:view_note('13575635_783')) |  |  |  | |  | | --- | |  | |
| Sep 16, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Brighton | [Churchville-Chili High School  Gym A](javascript:view_note('13539298_783')) |  |  |  | |  | | --- | |  | |
| Sep 18, 2020 | | | | | | | | | |
| Non-League | 6:00PM | Greece Athena | [Churchville Chili High School  Gym A](javascript:view_note('13574105_783')) |  |  |  | |  | | --- | |  | |
| Sep 19, 2020  Tournament 8:00AM Victor HS 7:00AM Victor Tournament  Sep 22, 2020 | | | | | | | | | |
| Divisional | TBD | Away vs. Irondequoit | [Irondequoit High School](javascript:view_note('13568031_783')) | 3:15PM |  |  | |  | | --- | |  | |
| Sep 24, 2020 | | | | | | | | | |
| Crossover | 6:00PM | Victor Central | [Churchville-Chili High School  Gym A](javascript:view_note('13539306_783')) |  |  |  | |  | | --- | |  | |
| Sep 30, 2020 | | | | | | | | | |
| Crossover | TBD | Away vs. Webster Schroeder |  | 3:00PM |  |  | |  | | --- | |  | |
| Oct 1, 2020 | | | | | | | | | |
| Divisional | 4:30PM | Gates Chili | [Churchville-Chili High School  Gym A](javascript:view_note('13605147_783')) |  |  |  | |  | | --- | |  | |
| Oct 6, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Webster Thomas | [Churchville-Chili High School  Gym A](javascript:view_note('13539320_783')) |  |  |  | |  | | --- | |  | |
| Oct 8, 2020 | | | | | | | | | |
| Match | 6:30PM | Away vs. Palmyra-Macedon | [Palmyra-Macedon High School](javascript:view_note('14026480_783')) | 3:15PM |  |  | |  | | --- | |  | |
| Oct 13, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Away vs. Gates Chili | [Gates Chili High School](javascript:view_note('13605185_783')) | 3:30PM |  |  | |  | | --- | |  | | |  | | --- | |  | | Dig Pink Event | |  | |
| Oct 14, 2020 | | | | | | | | | |
| Divisional | TBD | Away vs. Brighton |  | 3:15PM |  |  | |  | | --- | |  | |
| Oct 16, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Irondequoit | [Churchville-Chili High School  Gym A](javascript:view_note('13539330_783')) |  |  |  | |  | | --- | |  | |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Oct 20, 2020 | | | | | | Crossover | 6:00PM | Fairport | [Churchville-Chili High School  Gym A](javascript:view_note('13539328_783')) |   Oct 22, 2020 | | | | | | | | | |
| Crossover | 6:00PM | Away vs. Hilton Central | [Hilton High School](javascript:view_note('13568063_783')) | 3:30PM |  |  |  |  |  |

**JV SCHEDULE 2020**

**(subject to change)**

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| Aug 31, 2020 | | | | | | | | | |
| Tournament | 8:00AM |  | [Gates Chili High School](javascript:view_note('14057010_783')) | 7:00AM |  |  | |  | | --- | |  | | |  | | --- | |  | | Gary Adler Memorial Tournament | |  | |  |
| Sep 3, 2020 | | | | | | | | | |
| Crossover | 4:30PM | Rush-Henrietta | [Churchville-Chili High School  Gym A](javascript:view_note('13567626_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 4, 2020  Tournament 8:00 AM Penfield Penfield HS 7:00AM Penfield Tournament  Sep 8, 2020 | | | | | | | | | |
| Crossover | 4:30PM | Away vs. Penfield Central | [Penfield Central High School](javascript:view_note('14088998_783')) | 3:15PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 10, 2020 | | | | | | | | | |
| Divisional | 4:30PM | Away vs. Webster Thomas | [Webster-Thomas High School](javascript:view_note('14012722_783')) | 3:00PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 14, 2020 | | | | | | | | | |
| Non-League | 5:00PM | Palmyra-Macedon | [Churchville Chili High School  Gym A](javascript:view_note('13575633_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 16, 2020 | | | | | | | | | |
| V Divisional | 4:30PM | Brighton | [Churchville-Chili High School  Gym A](javascript:view_note('13530504_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 18, 2020 | | | | | | | | | |
| Non-Division | 4:30PM | Greece Athena | [Churchville Chili High School  Gym A](javascript:view_note('13574099_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 22, 2020 | | | | | | | | | |
| Divisional | TBD | Away vs. Irondequoit | [Irondequoit High School](javascript:view_note('13567994_783')) | 3:15PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 24, 2020 | | | | | | | | | |
| Crossover | 4:30PM | Victor Central | [Churchville-Chili High School  Gym A](javascript:view_note('13530688_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Sep 30, 2020 | | | | | | | | | |
| Crossover | TBD | Away vs. Webster Schroeder |  | 3:00PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 6, 2020 | | | | | | | | | |
| Divisional | 4:30PM | Webster Thomas | [Churchville-Chili High School  Gym A](javascript:view_note('13530992_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 8, 2020 | | | | | | | | | |
| Match | 5:00PM | Away vs. Palmyra-Macedon | [Palmyra-Macedon High School](javascript:view_note('14026485_783')) | 3:15PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 10, 2020  Tournament 8:00AM Victor HS 7:00 AM Victor Tournament  Oct 13, 2020 | | | | | | | | | |
| Divisional | 6:00PM | Gates Chili | [Churchville-Chili High School  Gym A](javascript:view_note('13605263_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 14, 2020 | | | | | | | | | |
| Divisional | TBD | Away vs. Brighton |  | 3:15PM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 16, 2020 | | | | | | | | | |
| Divisional | 4:30PM | Irondequoit | [Churchville-Chili High School  Gym C](javascript:view_note('13531352_783')) |  |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| Oct 17, 2020 | | | | | | | | | |
| Divisional | 11:30AM | Away vs. Gates Chili | [Gates Chili High School](javascript:view_note('13605167_783')) | 9:00AM |  |  | |  | | --- | |  | | |  | | --- | |  | |  | |  | |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Oct 20, 2020 | | | | | | Crossover | 4:30PM | Fairport | [Churchville-Chili High School  Gym A](javascript:view_note('13539328_783')) |   Oct 22, 2020 | | | | | | | | | |
| Crossover | TBD | Away vs. Hilton Central | [Hilton High School](javascript:view_note('13568015_783')) | 3:30PM |  |  |  |  |  |

**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