**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  |   |   |   |

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| Gary Adler Memorial Tournament |
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| Sep 3, 2020 |
| Crossover  | 6:00PM  | Rush-Henrietta  |   Home |   |   |   |

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| Sep 5, 2020Tournament 8:00 AM Penfield Tournament Sep 8, 2020 |
| Crossover  | 6:00PM  | Away vs. Penfield Central  | Penfield Central High School  | 3:15PM  |   |   |

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| Sep 10, 2020 |
| Divisional  | 6:00PM  | Away vs. Webster Thomas  | Webster-Thomas High School  | 3:00PM  |   |   |

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| Sep 14, 2020 |
| NonLeague  | 6:30PM  | Palmyra-Macedon  | Churchville-Chili High School Gym A  |   |   |   |

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| Sep 16, 2020 |
| Divisional  | 6:00PM  | Brighton  | Churchville-Chili High School Gym A  |   |   |   |

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| Sep 18, 2020 |
| Non-League  | 6:00PM  | Greece Athena  | Churchville Chili High School Gym A  |   |   |   |

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| Sep 19, 2020 Tournament 8:00AM Victor HS 7:00AM Victor TournamentSep 22, 2020 |
| Divisional  | TBD  | Away vs. Irondequoit  | Irondequoit High School  | 3:15PM  |   |   |

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| Sep 24, 2020 |
| Crossover  | 6:00PM  | Victor Central  | Churchville-Chili High School Gym A  |   |   |   |

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| Sep 30, 2020 |
| Crossover  | TBD  | Away vs. Webster Schroeder  |   | 3:00PM  |   |   |

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| Oct 1, 2020 |
| Divisional  | 4:30PM  | Gates Chili  | Churchville-Chili High School Gym A  |   |   |   |

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| Oct 6, 2020 |
| Divisional  | 6:00PM  | Webster Thomas  | Churchville-Chili High School Gym A  |   |   |   |

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| Oct 8, 2020 |
| Match  | 6:30PM  | Away vs. Palmyra-Macedon  | Palmyra-Macedon High School  | 3:15PM  |   |   |

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| Oct 13, 2020 |
| Divisional  | 6:00PM  | Away vs. Gates Chili  | Gates Chili High School  | 3:30PM  |   |   |

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| Oct 14, 2020 |
| Divisional  | TBD  | Away vs. Brighton  |   | 3:15PM  |   |   |

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| Oct 16, 2020 |
| Divisional  | 6:00PM  | Irondequoit  | Churchville-Chili High School Gym A  |  |   |   |

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| Oct 20, 2020 |
| Crossover  | 6:00PM  | Fairport  | Churchville-Chili High School Gym A  |

Oct 22, 2020 |
| Crossover  | 6:00PM  | Away vs. Hilton Central  | Hilton High School  | 3:30PM  |  |  |  |  |  |

**JV SCHEDULE 2020**

**(subject to change)**

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| Aug 31, 2020 |
| Tournament  | 8:00AM  |  | Gates Chili High School  | 7:00AM  |   |   |

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| Gary Adler Memorial Tournament |
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|  Sep 3, 2020 |
| Crossover  | 4:30PM  | Rush-Henrietta  | Churchville-Chili High School Gym A  |   |   |   |

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| Sep 4, 2020Tournament 8:00 AM Penfield Penfield HS 7:00AM Penfield TournamentSep 8, 2020 |
| Crossover  | 4:30PM  | Away vs. Penfield Central  | Penfield Central High School  | 3:15PM  |   |   |

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| Divisional  | 4:30PM  | Away vs. Webster Thomas  | Webster-Thomas High School  | 3:00PM  |   |   |

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| Sep 18, 2020 |
| Non-Division  | 4:30PM  | Greece Athena  | Churchville Chili High School Gym A  |   |   |   |

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| Divisional  | TBD  | Away vs. Irondequoit  | Irondequoit High School  | 3:15PM  |   |   |

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| Sep 30, 2020 |
| Crossover  | TBD  | Away vs. Webster Schroeder  |   | 3:00PM  |   |   |

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| Oct 6, 2020 |
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| Oct 8, 2020 |
| Match  | 5:00PM  | Away vs. Palmyra-Macedon  | Palmyra-Macedon High School  | 3:15PM  |   |   |

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| Oct 10, 2020Tournament 8:00AM Victor HS 7:00 AM Victor TournamentOct 13, 2020 |
| Divisional  | 6:00PM  | Gates Chili  | Churchville-Chili High School Gym A  |   |   |   |

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| Oct 16, 2020 |
| Divisional  | 4:30PM  | Irondequoit  | Churchville-Chili High School Gym C  |   |   |   |

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| Oct 17, 2020 |
| Divisional  | 11:30AM  | Away vs. Gates Chili  | Gates Chili High School  | 9:00AM  |   |   |

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| Oct 20, 2020 |
| Crossover  | 4:30PM  | Fairport  | Churchville-Chili High School Gym A  |

Oct 22, 2020 |
| Crossover  | TBD  | Away vs. Hilton Central  | Hilton High School  | 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