



2017 THS VOLLEYBALL

WELCOME FUTURE FRESHMEN!!!

HERE ARE SOME IMPORTANT DATES TO MARK ON YOUR CALENDARS:

***THS Kid's Saturday Clinic** (ages 10 – 14, or 4th-8th grade) April 8, 29 & May 6, 20 & June 3 9-11am THS Main Gym

Incoming freshmen should attend the following camp. Contact Coach Mahina for a camp application.

***THS Kid's Camp** (ages 10 – 14, or 4th-8th grade) June 13, 14, 15 4-7pm THS Main Gym

Summer practices for ALL who plan to tryout:

(Please try to make every practice. Attendance will be noted)

June 5-7 (4-6pm), June 20, 22 (9-11am), July 11, 13 (9-11am) THS Main Gym

June 28, 29 (4-9pm), July 30 (9am-1pm) (special event on these days, please plan to attend) **Kimball High Main Gym**

THE FOLLOWING IS MANDATORY FOR ALL WHO PLAN TO TRYOUT

*** The perfect time for family vacations would be July 1-July 10.

***MANDATORY CONDITIONING** July 18-20, 25-27 & Aug.1-3 9-11am THS Track, Weight Room & Pool

***Tryouts** August 7-10 4-6 pm THS Main Gym

***Parent Player Meeting** Thursday, August 10 (subject to change) 7:00 pm THS Main Gym

It is MANDATORY that at least one parent **AND** player attend this meeting.

OFF-SEASON SUGGESTIONS: SEE "CONDITIONING MILESTONES"

Attend ALL or MOST practices and conditioning workouts run by Coach Mahina and all other Tracy High Volleyball Coaches
Run, lift, do sit ups and push ups on your own at least 4-5 days a week. Be able to run ¼ mile in 1:45 (4X) with a minute rest in between.

EXTRA LEARNING OPPORTUNITIES: College Volleyball Camp and Setters should also go to both a college camp and a college setter camp.

One possibility: Long Beach State Volleyball Camp (for further information call (562) 299-3260 OR refer to the website

<http://www.longbeachstate.com/camps/lbst-camps.html>.

COACHING STAFF:

Varsity Coaches: Mahina McCamey and Amanda Bailey (Frank Baumann will assist when possible)

Sophomore Coach: Frank Baumann

Freshmen Coach: TBA officially at a later date (potentially Jimmy Gibson)

ELIGIBILITY:

2.0 G.P.A with No F's and Less than 16 hours of Saturday School Hours. Incoming 9th grade students are considered eligible

QUESTIONS:

Contact Coach Mahina McCamey

Email: hinabeans@att.net OR

mmccamey@tusd.net (work email is not checked regularly due to my maternity leave)

Phone: 209-814-4006 (phone calls are welcomed, but texting is most convenient)

Volleyball mailing address: 2421 W. Lowell Ave. Tracy, CA 95377