



2017 THS VOLLEYBALL

DATES TO REMEMBER OR MARK ON YOUR CALENDARS:

*May limited period practices	May 1-4 (w/ Sat. clinic on 5/6 from 9-11am)	4-5:30pm	THS Main Gym
	May 8-11	4-5:30pm	THS Main Gym
	May 15-18 (w/ Sat. clinic on 5/20 from 9-11am)	4-5:30pm	THS Main Gym
*THS Kid's Saturday Clinic (all returners are required to work)	May 6, 20 & June 3	9-11am	THS Main Gym
*THS Kid's Camp (all returners are required to work)	June 13-15	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