



2019 AHS Volleyball

Summer Strength Training:

As usual, AHS volleyball players can strength train at AHS in one of three groups this summer. They will be assigned by Coach Thomas and his staff. Coach Thomas will have a call out meeting to sign up. Those AHS volleyball players that have health or work issues may strength train at BSA with Coach Ball M-W-Th 8-9am. You must confirm with Coach Ball and Coach Thomas. The programs at BSA will mirror the one at the HS.

AHS volleyball Camp:

June 10-12 at Ball Sports Academy(BSA)

Grades 4-8th, 9-11:00am

Grades 9-12th, 12-2pm

Registration link:

<https://teampineapple.sportngin.com/register/form/539906492>

Open Gyms:

Tuesday and Thursdays: July 9,11,16 and 18 at BSA

High School Summer Series:

These are July 8,10,15 and 17. There are two sessions. Our teams will compete 5:30-7:30pm or 7:30-9:30pm at BSA.

Conditioning and Agility:

July 29-Aug. 1 These will consist of track work, plyos, yoga and insanity classes. Time/ Location TBD

Two A-days:

August 5 will start a week of 2 a day practices 9-11am & 4-6pm at BSA.

***** This week will serve as a Try Out. Starting Aug. 8, all three teams will be made and only those players will practice.**

*****Attendance at these events/activities will be taken. If you are serious about playing volleyball for AHS, please make every effort to attend. Our staff has given ample Summer time for vacations, family and other social activities.**

*****those hoping to play for AHS volleyball next Fall plz join our ReMind App by using code:**

<https://www.remind.com/join/dkdcgd>

*****questions can be directed to our coaching staff at: angolavbc@gmail.com**

