

## Oak Hills Volleyball Meeting Agenda

1. Introductions, Background, Philosophy
2. Expectations of student-athletes and players
3. Important Dates
  - a. Wednesday, July 15 – Beacon Physicals – 6-8pm
    - i. \$20 - \$10 goes back to Oak Hills Athletics
  - b. Sunday, July 26 – Varsity Summer Tournament at Sports Express (possibly JV as well)
  - c. August 1-3 – Tryouts (Times below are tentative)
    - i. Saturday, August 1 – Varsity/JV – 9-11:30am and 2-4pm, Freshmen 11:00-2pm
    - ii. Sunday, August 2 – Varsity/JV – 2-4:30pm and 7-9pm, Freshmen 4:30-7pm
  - d. August 10 – Booster Bash/ Parent Meeting and Pictures – (Times TBD)
4. Summer Camps – (I would like all returning players to sign up to volunteer to help)
  - a. June 8-11 – Grades 3-6 – 5:30-8pm
  - b. June 15 – 18 – Grades 7-8 – 6-9pm
  - c. June 22-25 – Grade 9 – 6-9pm
5. Tentative Spring/Summer Schedule (On back)
6. Final Forms
7. Eligibility - Grades
8. Lauren Breaux Memorial Tournament
9. Nike Flash Store and Personal Warm-ups
10. Traditions to continue or change
11. Questions?
12. HUDL – Andy Firsich
13. Contact Information: Jenny Meyer, 513-659-4659, meyerjenny513@gmail.com

May – We will continue conditioning/lifting throughout May from 6-7pm on Sundays thru Thursdays. The expectation is that all athletes attend 2 sessions per week. I am also trying to set up 4 on 1 coaching sessions on Mondays and Thursdays either 5-6 or 7-8pm. These will be arranged through signups. More info when gym times are secured.

First week of June during exams there will be no volleyball lifting, conditioning or 4 on 1s.

Beginning June 7 through June 30 we will have conditioning and open gyms 4 times a week. The expectations are that players attend 3 sessions a week of their choice. They may attend all 4 if they wish. Sessions will be held (pending gym approval):

In June :

Sundays 6-8pm  
Mondays 6-8pm  
Wednesdays 6-8pm  
Fridays 9-11am

July we have 10 days of coaching in which we will run two a days. The following dates are what I have planned and the times will be from 3:30-6pm and then 7-9pm.

Wednesday, July 1  
Monday, July 6  
Thursday, July 9  
Monday, July 13  
Thursday, July 16  
Monday, July 20  
Thursday, July 23  
Sunday, July 26 – Varsity and JV Tourney at Sports Express – 9am-? (Freshmen off)  
Tuesday, July 28  
Thursday, July 30

In addition, players are expected to attend conditioning/open gym once a week. These will be offered on Wednesday mornings from 9-11am or Sunday evenings 6-8pm.

Tryouts

August 1 – Varsity and JV – 9-11:30am and 2-4pm, Freshmen 11:00-2:00pm  
August 2 – Varsity and JV – 2-4:30pm and 7-9pm, Freshmen – 4-7pm  
August 3 – Varsity and JV – 5-8pm, Freshmen 8:30-10:30am (if necessary)

Practice

August 4-7 – Varsity and JV – 5-8pm, Freshmen – 8:30-10:30am  
August 5 – Varsity and JV will have to go earlier due to coaches meeting – Time TBD  
August 8 – Varsity and JV 11-2pm, Freshman 8:30-10:30am  
Beginning August 10 – Practices will be Freshmen 3-5pm and Varsity/JV 4:30-7pm