 *andegrift Lady Viper Volleyball*

***Save the Dates***

**Vandegrift Volleyball Informational Parent Meeting – February 6th 6:00 PM**

A meeting for parents of incoming 9th graders from Four Points & Canyon Ridge or any other athlete looking to attend tryouts for their first time in August. This meeting will be run by Coach Southall to discuss the importance of summer programs, tryout times and dates, program expectations, and outline the upcoming 2019 season. The meeting will be held at Vandegrift High School in the Athletic Meeting Room in Building 2.

**Camp Viper Strength & Conditioning –** This camp is run by all the high school coaches to increase strength, speed, and agility. This camp is a six week camp throughout the summer Monday through Thursday. Volleyball players need to participate in this camp as the summer is really the “pre-season” to our high intensity season. This camp runs from June 10th through July 25th.

**Viper Skills –** Viper Skills sessions are being introduced for the first time this summer due to UIL regulation changes for the 2019 season. Twice a week right after Camp Viper athletes will have an opportunity to work volleyball skills with Coach Southall and staff for an hour per session. The session will include on court time working on serving, serve receive, systems, and much more. More details to come!

**Vandegrift Volleyball 2019 Summer Camp – Monday June 17th– Thursday June 20th**

This is the volleyball camp that is run by Coach Southall and staff. The camp focuses on fundamentals, ball control, and having fun while learning more about volleyball. One session for incoming athletes in grades 4th through 6th grade and one session for 7th & 8th graders. This will be a great opportunity to work with the Vandegrift coaches in order to prepare for tryouts in August.

**Vandegrift Volleyball 2019 Summer Camp – Monday June 17th– Thursday June 20th**

This is the volleyball camp that is run by Coach Southall and staff. The camp focuses on fundamentals, ball control, Vandegrift systems and having fun while learning more about volleyball. This evening session is for all incoming 9th graders and it will be a great opportunity to work with the Vandegrift coaches in order to prepare for tryouts in August.

**\*\*\* Vandegrift Volleyball 2019 Team Camp – Monday July 29th – Wednesday July 31st**

This is the annual Vandegrift summer camp that is for all incoming 9th-12th graders planning on trying out for the volleyball team in 2019. This camp will be run by outside coaches picked by Coach Southall, the camp will focus on team building, skills, and preparing the athletes for tryouts that begin that Thursday.

**\*\*\* Vandegrift Volleyball 2019 Tryouts begin Thursday August 1st \*\*\***

Any athlete wanting to join the program for the 2019 season must be at tryouts. Plan for tryouts to be all day through Saturday August 3rd.

Use the Vandegrift Volleyball website, Facebook Booster Page, Instagram and Twitter Page as a resource for times as the dates get closer! For any questions you can email Coach Southall:

[melissa.southall@leanderisd.org](mailto:melissa.southall@leanderisd.org)

GO VIPERS!!!!!