

Lady Rebel's Volleyball Summer Schedule 2017

I want to welcome you to the Lady Rebel Volleyball program for the 2017/2018 school year. This season both the varsity team and the junior varsity team's will focus on improving basic volleyball skills as a team and understanding the flow of the game better.

The junior varsity team will focus more on development and will re-enforce the varsity team. The varsity team will focus on improving skills, understanding the flow of the game and being competitive in our conference.

Here is the summer schedule for the Parkwood Rebel's Ladies Volleyball work out's, open gym, volleyball camp, and the dates of our team tryouts. All of the workouts are voluntary, if any emphasis is placed, I would try to make the team camp to learn the drills that will be used during the tryouts.

June 27th through June 29th - from 9 am to 1 pm. The main gym will be open for anyone who wants to work on volleyball skills with the varsity coach. During these three days we will work on setting, serving, passing, spiking and understanding the game. The first 30min will be focused on setting drills; from there we will focus on each of the core techniques. Please ensure that transportation is arranged for all students and students are picked up on time after work outs.

July 10th through July 13th – From 9am to 1pm - Parkwood will have an open gym for anyone wishing to practice volleyball. This will be run by the JV coach July 10th through the 12th. On the 13th of July we will run a couple of drills then have games for the rest of the time. We will invite Parkwood players of the past to take on the current players (mainly for fun, with a twist). Again, please ensure all students are picked up on time after open gym.

July 24th through July 27 – Volleyball camp – from 9am to 1pm. We will focus on specific drills that will be used during tryouts. The emphasis will be on serving - float, jump serve, jump float – below the antenna. Passing – serve receive, and setting up plays. Setting - quick sets, shoot sets and ones to the middle. Hitting - based on accuracy over power, and understanding the flow of the game.

Before you participate in any summer volleyball activity a current physical must be on file at the school. Most participants from last year will have an active physical, if in doubt, just ask Coach Davis.

Prior to tryouts – by the 24th of July 2017 the complete packet must be on file at the school. Please note: the dates of signatures on the packet must be after July 1st 2017. The Parkwood athletic eligibility packet is located on the school website at Parkwood High School UCPS page, Athletics, Athletic Overview, complete the Parkwood Athletic Eligibility Packet.

Tryouts for the volleyball team are the 31st of July and the 1st of August from 9am to 1pm.

Coach Bill Davis

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