

## 2020 Volleyball Information (Updated 6/4/20)

Please see the schedule below for all Open Gyms. Please pay close attention to those that are Incoming Freshman Only vs. Upper Class Only. Freshmen interested in trying out should consider attending the Incoming Freshman Camp. For the Freshman Camp, registration can be found at [www.mndhs.org](http://www.mndhs.org) under athletics tab. Returning Freshman & Returning JV/Varsity Team Camp Registration is done directly with the coaching staff on the first day of camp.

### Open Gym/Camps Guidelines:

- Any person who has had fever or cold symptoms in the previous 24 hours should not participate. Please contact your medical provider as well as notify Chris Lovett.
- If you are seeing Becca in the Training Room, a face covering must be worn. You must schedule ahead of time and confirm with Becca prior to entering the Training Room.
- Each player must wash their hands before participating in any workout and use hand sanitizer upon entering and leaving the gym and school. (There will be no congregating allowed)
- All equipment (balls, antennas, poles...etc) will be wiped down before and after training (Seniors will assist)
- All players should bring their own FULL WATER BOTTLE prior to training.

I cannot express this enough.

If we are unable to MAINTAIN THE ABOVE GUIDELINES, training will immediately be stopped.

### Please Note the Following Timing of Open Gyms

4:00-5:30 Upper Class ONLY (Agilities Start at 3:45)

5:30-7:00 Incoming Freshman ONLY

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Time</u>
July 1	Wednesday	Open Gym	4:00-7:00PM
July 2	Thursday	Open Gym	4:00-7:00PM
July 6	Monday	Incoming Freshman ONLY Open Gym	3:00-4:30PM
July 7	Tuesday	Upper Class ONLY Open Gym	3:00-4:30PM
July 8	Wednesday	Incoming Freshman ONLY Open Gym	3:00-4:30PM
July 9	Thursday	Upper Class ONLY Open Gym	3:00-4:30PM
July 15	Wednesday	Open Gym	4:00-7:00PM
July 16	Thursday	Open Gym	4:00-7:00PM
July 20	Monday	Incoming Freshman Camp	2:00-5:00PM
		Returning Freshman Team Camp	5:00-7:00PM
		Returning JV/Varsity Camp	7:00-9:00PM
July 21	Tuesday	Incoming Freshman Camp	2:00-5:00PM
		Returning Freshman Team Camp	5:00-7:00PM
		Returning JV/Varsity Camp	7:00-9:00PM
July 22	Wednesday	Incoming Freshman Camp	2:00-5:00PM
		Returning Freshman Team Camp	5:00-7:00PM
		Returning JV/Varsity Camp	7:00-9:00PM
July 23	Thursday	Returning Freshman Team Camp	5:00-7:00PM
		Returning JV/Varsity Camp	7:00-9:00PM
July 28	Tuesday	Open Gym	4:00-7:00PM
July 29	Wednesday	Open Gym	4:00-7:00PM

## TryOut Information

All students must have a Preparticipation Physical Evaluation performed and turned in to the MND Athletic Department PRIOR to Tryouts.

Copies of the form can be found here: <https://www.mndhs.org/athletics/general-information/>

**FOR FRESHMAN:** Tryouts begin on Monday, August 3<sup>rd</sup>. Tryouts will continue the 4<sup>th</sup> and 5<sup>th</sup> of August. Tryouts are mandatory. The first round of cuts will be made on the second night of tryouts and final cuts will be made the third night of tryouts. Everyone comes back for the second night.

**JV & VARSITY:** Tryouts will be held for 2 days (August 3<sup>rd</sup> – August 4<sup>th</sup>).

**Tryout times are TBD and will be given to you ASAP**

### **Incoming Freshman Tablet Training**

Freshman and new transfer students are required to attend one of the sessions below. For those interested in trying for the Volleyball Program, we ask that you please try to schedule for the Wednesday July 29 session rather than the August 5<sup>th</sup> date which would be the last day of tryouts. Thank You!

- Wednesday, July 29 from 3:00 PM – 4:30 PM
- Wednesday, July 29 from 6:30 PM – 8:00 PM
- Wednesday, August 5 from 3:00 PM – 4:30 PM
- Wednesday, August 5 from 6:30 PM – 8:00 PM

### In Season Information

On typical weeks throughout the season, there will either be a game or practice Monday through Saturday every week. Practices will start immediately after tryouts. Attendance is expected at every practice/game. Some games will be out of town and will require an overnight.

There are MND Volleyball Program Fees and Booster Fees that will be due the night of Meet the Team. This event is usually held the week after tryouts. Finally, hours of volunteering for both the MND Volleyball Program and the MND Boosters are required.

Please reach out with any questions.

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