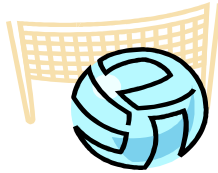


# Stevens Volleyball Tryouts 2008



**Volleyball season will be here before you know it. If you plan to tryout for volleyball at Stevens High School, you need to have ALL of your paperwork turned in to Coach Kloewer BEFORE we start practice.**

**Start date:** August 4, 2008

**Start time:** 7:30am – everyone will stay until 3:00pm on the first day. Bring plenty of water and a lunch. You will not be allowed to leave the campus. Because our first scrimmage is on August 9, we will choose teams by August 6, and we will continue with individual team practices for the rest of the week. If you are working this summer, please make schedule arrangements with your employer.

**What to wear:** running shoes in the morning (if you have them), court shoes for the afternoon. Bring an extra shirt to change into after morning conditioning.

**Please do not wait until the week before tryouts to try and get in shape. It will be hot, and you need to be acclimated to the heat before you get here.**

**Things to do this summer include but are not limited to:**

- running timed short and middle distances (sprints, ½ mile, 200m, 300m)
- bleacher jumping and running
- jumping rope
- swimming
- standing squats without weight
- lunges
- wall sits

**We look forward to seeing you on August 4<sup>th</sup>. Have a great summer!  
The Stevens Volleyball Coaching Staff**