

2011 Kinnelon Volleyball

Paperwork – Due July 15th to the school nurse Mrs. Smith – if your paperwork is not in on time, you will have to sit everyday it is late.

**Physicals/Health Forms/Emergency Card – Due July 15th
You can find all forms on line at Kinnelonpublicschools.org**

Practice:

Our first mandatory practice/try-outs will be on **August 15th at 1pm.** We will be practicing 8/15-8/19 from 1-4pm, 8/20 8-11am and 8/22-8/27 8-11am. Depending on number of players trying out, cuts will be made on 8/17

Summer:

Included is the summer league information and addition camp info. We will be having summer workouts at KHS two times a week in addition to a summer league or camps that you attend.

Please try to attend as many workouts as possible so we are ready to go August 15th. Now is the time to improve on individual skills and build our conditioning levels.

The Colts Camp will be August 15th - 19th 9-12pm If you would like to volunteer and help with the younger girls, we would love to have you.

If you have any questions feel free to contact me. 201-926-8449 or finkes@kinnelon.org

-Coach Finke

KINNELON GIRLS VOLLEYBALL FALL 2011

Players: Summer is a busy time of the year with vacations, work and whatever else but our volleyball season is right around the corner. Summer is the best time to work on individual skills and grow and develop as a team. I expect to see all of you at the morning workouts as much as possible. I would also like everyone to play on the Oakland team. I understand you may be on vacation at times and have other things going on but when you are available you should be committed and showing up for workouts. No EXCUSES...

Summer League:

**Ultimate Sports America in Oakland June 9th – August 11th Matches
between 6-10pm Thursday nights**

Cost \$75 includes a minimal 10 matches and a t-shirt

Money Due May 19th Cash or Check Kinnelon Girls Volleyball

Summer Workouts:

Tuesday and Wednesday 9-11am @ Kinnelon HS

Other summer camps:

Bergen County Volleyball Camp – Ramsey HS July 11-14 July18-21
-Cresskill HS July 25-28

Lock Haven – July 24-28 , July 30-August 3

Rhode Island – July 28-31

MKA - June 27th – 30th

Lock Haven and Rhode Island are sleep away camps. If you would like further information about these camps, let me know



Recap:

Physicals/Health Forms/Emergency Card – Due July 15th or you will not be able to start the first day.

First Official Practice August 15th 1pm – Mandatory

Summer League

Thursday nights June 9th – August 11th - \$75 Due May 19th

Checks payable to Kinnelon Girls Volleyball

I will email match time when I receive it

Summer Workouts

Tuesday and Wednesday June 28th – August 10th 9-11am

Hope to see you there...

Volleyball Summer Workout 2011

2 days a week - if you miss the team practice you can do everything on the list at home. All we ask of you is 2 days a week for about an hour. Our season starts in 2 months. Get a move on....

Warm-up

- 1 mile run under 8 mins
- High knees 20 yards
- Butt Kicks
- Skips
- Walking Squat
- Walking Lungs
- Stretch

Plyos

1st Set - Do each for 30 seconds to make one set... Do two sets

- Squat jumps
- Line jumps front
- Squats
- Line jumps side

2nd Set - Do each for 30 seconds to make one set... Do two sets

- 5 yard slides
- High knees in place
- Side Lung
- Mountain Climb

3rd Set - Do each for 30 seconds to make one set... Do two sets

- Squat jumping jacks
- Monster trucks
- Tuck knee jumps
- Hot foot R/L

Lift

12 push-ups, 50 sets on knees x 3
25 abs, 20 down balls against a wall x 4

Sprints

Yard sprints = net and back is one, do 5 x 4

Volleyball

Partner pass
3 v 3
6 v 6