



# SUMMER VOLLEYBALL TOP 24 EXPERIENCED GIRLS

2010

## VARSITY / JV TEAM CONCEPTS SKILL BUILDING / CONDITIONING

Where :: GYM / SUMMER LEAGUE / Tournament

When :: JUNE 15<sup>TH</sup> to JULY 15<sup>TH</sup> (SEE CALENDAR!)

TUE & THU 4:30 -6:30 PM + Other TBA

Who :: VARSITY / JV SELECT

**THE PLAN:** Select VARSITY (12) and JV (12) TEAMS early in summer. These teams will begin working together right away. Each group will do Summer league/Tournament as a team. We will teach team fundamentals and conditioning in July and decide on team make-up and positions for August.

**YOUR GOAL**—finish the Summer Program on the Varsity or JV team because that is where you will begin the season—this is important because of team photos, uniform number choices and working with other players at that level—get in shape!! Compete.

Including ELITE incoming Freshman, we will again have wide open teams with many established players—Up to 30 girls with Varsity / JV potential. Our challenge this summer is to identify & train—12 Varsity, 12 JV, and 12 FS players.

**SUMMER DATES:** You **MUST** keep your calendars clear from June 15 - July 15 for Summer Camp **AND** from August 24<sup>TH</sup>—the start of season!! (Club Tournament / JO's participation in the Spring is excused).

**IMPORTANT NOTE:** Because of playing time issues in the past we will only carry players at each level who can **ACTUALLY** contribute at that level.

**Get excited!! This will be a smaller but talented varsity/JV team.**

Returning students (if coach does not have your previous yellow card), you will need:

- Yellow card – with emergency info filled out.
- Current physical exam or "yellow slip" from Health Office with current physical expiration date
- Proof of insurance – photocopy health card.

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ PLAYER CELL PHONE \_\_\_\_\_

MOM NAME \_\_\_\_\_ MOM CELL \_\_\_\_\_

DAD NAME \_\_\_\_\_ DAD CELL \_\_\_\_\_

BIRTHDAY \_\_\_\_\_ GRADE LEVEL (Next September) \_\_\_\_\_

CLUB \_\_\_\_\_ POSITION \_\_\_\_\_

**Note :: Clip & mail this form with check ASAP.**

**5 WEEKS \$250**

(Includes Insurance, 2 T-shirts, Gym / Practice,  
Summer League & Tournament for selected players)

**Checks Payable to: Peninsula Summer Sports**

RETURN TO: MIKE JAGD @ PENINSULA HS 27118 Silver Spur Rd. RHE CA 90274

**DUE April 5<sup>th</sup>**

**DEPTH CHART 34 RETURNING PLAYERS—SPRING BALL**

HITTERS	MIDDLES	SETTERS /	OPPOSITES	LIBERO/ds
Allison Lee-11	G. Sutherland-10	M. Vanden Bos-11	Nicole Kerkhof-10	B. Ferraro-11
Katie Child-11	Taylor Cornell-10	Brianna Prock-10	Jasmine Zahedi-10	Julia Shreeves-10
Lindsay Rivas-11	Mary Butcher-10	Camille Zuliani-10	Ashley Jackson-10	Alexis Clay-10
Bailey Beck-10	Grace Waldron-10	Miya Fuh-10		Kylie Smith-10
Suriya Patel-11	Laura MNontalto-11	Samni Boyapalli-10		Joyce Swisher-10
Hannah Scow-10	Monica Constant-10	Kelly Cobb-10		Kirby Joe-10
Aryn Clay-10	G. Dalirifar-10			Sara Sabzerou-10
Malama Wilson-10	Sogol Gohari-10			
Noor Euceph-10	Paige Norris-10			

**IMPORTANT: IF YOU ARE NOT ON THIS LIST—SEE COACH JAGD.  
VARSITY / JV TEAMS and CAPTAINS WILL BE SELECTED IN SPRING BALL  
AND FINALIZED DURING FIRST FEW WEEKS OF SUMMER CAMP.**