

De Pere High School Volleyball – 2011 Summer Program

~ June 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Summer Leagues - Varsity & JV teams will play at Players Choice in Appleton. Games will be on Mondays between noon and 8pm. - Freshman teams will play at Sports Advantage Center in Ashwaubenon. Games will be on Mondays between 11am-3pm			1	2	3	4
5 OPEN GYM 6-8pm @ High School	6	7	8	9 Last Day of School	10	11
12	13 Frosh: Summer League begins	14 OPEN GYM 3:30-5:30 @ High School	15 Frosh Clinic 4-6pm @ High School	16	17	18
	Speed & Strength	—————→			Speed & Strength (advanced only)	
19	20 All Teams – Summer League	21 CONTACT DAY #1 6-9pm @High School	22 Frosh Clinic 4-6pm @ High School	23	24 OPEN GYM 12:30-2:30 @ High School	25
	Speed & Strength	—————→			Speed & Strength (advanced only)	
26	27 All Teams – Summer League	28 OPEN GYM 3:30-5:30 @ High School	29 Frosh Clinic 4-6pm @ High School	30	Speed & Strength - Begins Jun 13 and runs thru Aug 5 (Mon-Thu for Beginner / Intermediate, Mon-Fri for Advanced)	
	Speed & Strength	—————→				

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Contact Days - Contact days are days when coaches can work with / coach the players / teams. They can have up to 5 contact days prior to the end of July. Players should attend these days if possible.					1 OPEN GYM 12:30-2:30 @ High School Speed & Strength (advanced only)	2
3	4 Holiday - no Speed & Strength or League games	5 OPEN GYM 3-5pm @ High School Speed & Strength	6	7	8 OPEN GYM 12:30-2:30 @ High School Speed & Strength (advanced only)	9
10 CONTACT DAY #2 6-9pm @ High School	11 All Teams – Summer League Speed & Strength	12 CONTACT DAY #3 6-9pm @ High School	13 Frosh Clinic 4-6pm @ High School	14	15 District gyms closed for 2 weeks for resurfacing Speed & Strength (advanced only)	16 JV / Var @ UW-Madison Team Camp Check-in 11:30-12:45
17 JV / Var @ UW-Madison Team Camp	18 JV / Var @ UW-Madison Team Camp Checkout 4:30 All Teams – Summer League Speed & Strength	19	20	21	22 Speed & Strength (advanced only)	23
24/31	25 All Teams – Summer League Speed & Strength	26	27	28	29 Speed & Strength (advanced only)	30 Varsity @ Watertown Tournament CONTACT DAY #4 (Tentative for JV/Frosh per coaches' schedule)

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~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 All Teams – Summer League (Var/JV ends) Speed & Strength	2	3 OPEN GYM 3-5pm @ High School	4 Frosh Clinic 4-6pm @ High School	5 Speed & Strength (advanced only)	6 Frosh & JV: Player's Choice Tournament (games begin at 12:30)
	7 Frosh @ UW-Oshkosh Team Camp Aug 7-10 Check-in 5-6pm	8 Frosh @ UW-O Team Camp Frosh: Summer League ends	9 Frosh @ UW-O Team Camp	10 Frosh @ UW-O Team Camp Ends 4pm OPEN GYM 3-5pm @ High School	11 Frosh Clinic 4-6pm @ High School	12 Varsity @ Lawrence University Tournament
	14	15 VB Season Starts Tryouts: 8:30am-11am: ALL players participate 3pm-5pm: Just Freshmen participate 5pm-7:30pm: Upperclassmen participate	16 Tryouts & Teams Formed: 8:30am-11am ALL players participate 1:30pm-2:30-3pm Teams are made 4:30pm-7pm All teams practice	17 Practice: 4pm-6:30pm ALL teams Parent Meeting 7:00pm @ High School Gym	18 Practice: 4pm-6:30pm ALL teams	19
21	22 Practice: 4pm-7pm Position practice (different positions come in for staggered practices)	23 Practice: 3:30pm-6pm ALL teams	24 Practice: 3:30pm-6pm ALL teams	25 Practice: 3:30pm-6pm ALL teams	26 Varsity Invite @ Sun Prairie Practice JV/Freshmen 3:30pm-5:45pm	27 Varsity Invite @ Sun Prairie
28	29	30	31	Notes: - Speed & Strength ends on Aug 5		