

Sheldon Volleyball

summer opportunities 2019/20

sheldonvolleyball@gmail.com

Martine Wodke - Head Coach

541-337-2023

Summer Point System

This year along with other local high schools, we will be implementing a point system to encourage us to train together to be prepared for our upcoming season. Points sheets are due the first team practice on August 22nd. Returning players will need a minimum of 300 points and all incoming freshman and transfers will need a minimum of 120 points. Point system begins June 1st, 2019.

*Please keep in mind that all dates below have been requested but may change due to the district maintenance schedule. The gym will be closed July 15th - July 23rd to recoat the floors. Weights will meet on the track during the closure.

Open Gyms (10 points each OG)

This year we will have open gyms two days a week. Monday's open gym will be skill based and Wednesday's open gym will be game based. Open gym times and dates below.

Monday 10:00 am -11:30

After Walcott's workouts

June 24

July 1, 8, 26 (Friday)

August 5, 12

Wednesday 7:00-9:00 pm

June 19, 26

July 3, 10, 24

August 7

Summer Physical Training (5 points each session)

Monday, Thursday, and Friday workouts with George Walcott's from 8:30-10:00 am.

June 21, 24, 27, 28

July 1, 4, 5, 8, 11, 12, 18, 19, 22, 25, 26

August 5, 8, 9, 12, 16

Cost \$50 for all sessions. Please bring payment and waiver to first session. Waiver can be found on the Sheldon Athletic website under volleyball.

High School Camp (50 points)

Attendance expected for all returning players and highly recommended for all incoming transfers and freshman. High school camp is a great opportunity for players to prepare for tryouts. Camp cost \$50.

August 13th-15th

Tuesday 5:30-8:30

Wednesday 5:30-8:30

Thursday 5:30-8:30

See Sheldon High School athletics website for registration form.

Please text/email Martine with any questions. All forms can be found on the Sheldonathletics.com under teams/clubs → volleyball.

Important Dates

Moratorium Week

July 28-August 3

(Player/coach no contact week)

Fall Sports Registration is

August 12th.

See sheldonathletics.com for more information

Tryouts August 19-21

(attendance mandatory)

Daily Practices begin August 22

U of O Concessions fundraiser

June 29 - Individual fundraiser

June 30 - Individual fundraiser

Sept 7 - JV

Sept 14 - Varsity

October 5 - JV2

October 26 - TBD

Individual fundraiser

+1 player/1 adult = spirit pack

+1 player/1 adult = \$ towards camps

Youth Camp Fundraiser

Grades 6-8

August 13th-15th 9:00-11:00

Returning players will earn 24 points for coaching youth camp.

Please email Martine.

Other ways to earn points.

Other high school open gyms/
sand volleyball (3 points)

Other Volleyball Camps
(10 points/day)

Other sports training
(2 points)

For a list of other ways to earn points,
see point sheet.

For a good way for players to stay connected, add the groupme app to your phone, let Martine know through text, and she will add you to the Sheldon volleyball program stream.

Current Game Schedule: Subject to change

8/30 Varsity Tournament (Mountain View HS)

9/7 Varsity Tournament (Central Catholic - Hoop)

JV2 Tournament (Springfield HS)

9/14 JV Tournament (Springfield HS)

9/19 @ North Medford HS

9/21 JV Tournament - all team participate

9/24 @ Roseburg HS

9/24 vs. South Medford

9/28 Varsity Tournament (State Preview)

10/1 @ Grants Pass HS

10/4-5 Varsity Tournament (Chico CA)

10/8 vs. South Eugene

10/10 vs. North Medford

10/12 JV1 & 2 Tournament (Churchill HS)

10/15 vs. Roseburg

10/17 @ South Medford HS

10/22 vs. Grants Pass (Senior Night)

10/24 @ South Eugene

10/30 Round 1 State Playoffs

11/2 Second Round Playoffs

11/8-9 State Playoffs