

Total Points: _____

Point Value System: - Starts June 1st, 2019

- Open Gyms: 10 points each (approximately 12 available)
- Team Conditioning: 5 points each (approximately 20 available)
- High School Camp: 50 points (August 13-15)
- Youth Camp: 24 points (returning players)
- Other opportunities to accumulate points this summer:
 - Open Gyms (other than ours - 3 points)
 - Sand Volleyball Practice (3 points)
 - Other Volleyball Camps (10 points/day)
 - Other sports practices (2 points)
 - Running 2 miles (1 point)
 - Hiking 1 mile (1 point)
 - Biking 4 miles (1 point)
 - Other conditioning classes (2 points) - remember to get instructor's signature

Returning Sheldon players need to accumulate 300 points, and incoming Freshman need to accumulate 120 points by August 22nd (first practice once teams made).

If a player does not accumulate the necessary points, we will create an opportunity for them to earn their points through additional workouts before each practice until they reach their point total.

For any questions, please email Martine at sheldonvolleyball@gmail.com