

Total Points: _____

Point Value System:

- Open Gyms: 10 points each (approximately 15 available)
- Team Conditioning: 5 points each (approximately 21 available)
- Team Camp: 100 points (August 2-4)
- Youth Camp: 40 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 (40 points)
 - Other sports/conditioning (2 points)

Returning Sheldon players need to accumulate 300 points, and incoming Freshman need to accumulate 120 points by August 16th (first practice once teams made).

If a player does not accumulate the necessary points, they must do workouts before each practice until they reach their point total.

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