

## 2022 Saintes Volleyball Summer Info

### [www.saintesvb.org](http://www.saintesvb.org)

- Team website that will have lots of info about the Summer and coming season.
- this is where our team shoe/equipment online orders site link will be located.
- keep checking often!

### Saintes Summer Weight Room

- Mon/Wed/Fri mornings 6:45-8:00am (Enter through garage door on East side of school).
- Wednesday June 1<sup>st</sup> – Friday July 22<sup>nd</sup>. No Weight Room/Open Gym on Monday July 4<sup>th</sup>.
- No tank tops/cut off shirts. Have on tennis shoes. Bring a water bottle!

### VB Open Gym

- Mondays after weights: 8am-10am (not July 4<sup>th</sup>)
- Tuesdays & Wednesdays: 5pm-7pm
- Off-season contacts on the ball are very important! Will be working fundamentals and skills. Highly encouraged you attend as many as you can!
- No street shoes, please bring in your court shoes/vball gear.

### Summer League at AL

- Varsity level – for select players only. Sundays in June only this summer. June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>. 2 matches per night.

### MVP United Team Camp

- Waiting to see if we will be invited to come up again. Will get word out when I hear something!

### ISU Team Camp

- Varsity level camp for select players only.
- Wednesday & Thursday July 20<sup>th</sup>-21<sup>st</sup>.
- Players invited to go must register through the Team Camp link on our website.

**\*IGHSAU Dead Week: July 24<sup>th</sup>-31<sup>st</sup>\* - no weight room, open gym, organized school activities allowed.**  
**This is a good time to take vacations/trips prior to the start of VB season.**

### High School VB Camp

- Mon thru Fri August 1<sup>st</sup> – 5<sup>th</sup>, 4-6pm and weights 6-6:45pm M/W/F of camp.
- Camp forms will be available on [saintesvb.org](http://saintesvb.org) & SASF

### Jr High VB Camp

- Monday-Thursday August 15<sup>th</sup>-19<sup>th</sup>, 2:30-4pm. 5<sup>th</sup>-8<sup>th</sup> M/T/W, 3<sup>rd</sup>-4<sup>th</sup> TH/F.
- Camp form will be available on [saintesvb.org](http://saintesvb.org) & SASF

**HS Practice starts Monday August 8th!!! Get your physicals done before then!!**