

AKINS EAGLES VOLLEYBALL
10701 S. 1st Street
Austin, Texas 78748

Dear Akins Volleyball Players,

I hope you are ready for the summer. This letter will tell you everything you need to know for summer and the 2023 volleyball season. You must be ready to work hard and stay in shape so that tryouts and next season are a success. You must stay in shape and be ready to complete the minimum fitness tests listed below. These tests will be conducted on the first day of tryouts.

Minimum Requirements:

300 Yard Shuttle Run

This test will be done on the football field. Each player will run to the 50 yard line and back three times. You will have a 3-4 minute break and then repeat the process. Both times are added together. The standards are as follows:

10-12th Grade - under 2:20 minutes

Freshmen - under 2:30 minutes

10 in 10

This is a series of sprints done on the length of a basketball court. Each athlete will have to run down and back twice in under 30 seconds. You will then get a 30 second break in between until you have completed 10. Points will be given for each successful sprint under 30 seconds.

All athletes are expected to be physically fit upon arrival of tryouts and 2-a-days. Please look at the attached schedule. If you need further information, feel free to contact me.

VOLLEYBALL OPEN GYM & SUMMER WORKOUTS

The Akins Volleyball coaches will be holding strength and conditioning, skill work, and open gym for all incoming volleyball players. These workouts will be every Tuesday & Thursday from 9:30-12:30. Each day we will have an hour of volleyball skill work, one hour of strength and conditioning and one hour of open gym. Summer workouts and open gym will begin June 6th. I have included a summer schedule to help with summer planning. I feel it is very important to get up here as much as you can this summer. You will get to know your coaches and be in shape for tryouts.

VOLLEYBALL CAMPS AND CLINICS

I strongly recommend that you attend a camp or clinic throughout the summer. There are several camps offered here in Austin. Remember every touch on a volleyball makes you that much better. I have included the websites below. All universities and club volleyball programs in the Austin Area hold camps throughout the summer.

Austin Performance Volleyball www.austinperformancevolleyball.com

Austin Juniors Volleyball www.austinsportscenter.com

Texas Shock Volleyball <http://texasshockvolleyball.com/>

Top Flight Volleyball – Kyle www.txtopflightvolleyball.com

IMPORTANT INFORMATION

PHYSICALS, TRYOUTS, 2-A-DAYS, AND THE 2023 SEASON

PHYSICALS

Every athlete is required to have a physical on file with our athletic trainers before volleyball tryouts. I have included links below for physicals and required online forms. Both of these have to be completed prior to July 31st.

Physical Form: <https://www.austinisd.org/athletics/forms>

Rank One Online Forms: <https://austinisd.rankonesport.com/New/NewInstructionsPage.aspx>

TRYOUTS

The first day of tryouts is Monday, July 31st. Tryouts are **MANDATORY** for all athletes. I have included a schedule with times and session information. Tryouts will occur July 31st-August 2nd. At the end of tryouts on August 2nd, a list will be posted with individuals that made the Akins Volleyball team. You **MUST** have a new physical dated after April 15, 2023 to tryout.

2-A-DAYS

Throughout the first week of volleyball tryouts and practice, we will hold practices twice a day for all volleyball players. It is **mandatory** to attend **ALL** tryouts and 2-A-Day workouts. I have included a calendar for the month of August. Although I do not plan for the dates and times to change, there is always a chance we might have changes.

SCRIMMAGES AND GAMES

Friday, August 4th & Saturday, August 5th we will play our first scrimmages. Games will begin on August 7th. This is why it is so important to stay in shape and practice your skills. We will not have much time before we start playing to get you in shape.

Again, tryouts, scrimmages and games start before school is in session. Please plan accordingly so that you are in attendance for tryouts, 2-a-days, practices, scrimmages, and games.

Please join our SportsYou App for the latest updates and information:



SportsYou App

Access Code: G6WY-8YUY

I look forward to seeing you all this summer and on July 31st. If you have any questions or concerns please feel free to contact me by email, phone, or text.

Thank you,

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