



# *Akins Early College High School*

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*Phone 841-9900 Fax 841-9903*

Dear Future 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 2025 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:**

### **Mile Run (outdoors)**

Every athlete is expected to run the mile under 8:00 minutes. If you do not make the time limit, you will have to run it again before every practice until you make it.

### **300 Yard Shuttle Run (outdoors)**

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 (indoors)**

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.

## **AKINS EAGLES VOLLEYBALL CAMP**

This camp is for all incoming 7th-9th grade volleyball players. The camp will be held at the Akins High School Gymnasium, July 28th-30th from 8am-11am. It will be instructed by the Akins Volleyball Coaching Staff. I have included a registration form with more information. Please fill out the provided link if you plan to attend. An Akins Volleyball t-shirt is included in the price.

Akins Volleyball Camp - <https://forms.gle/qLoJv5dohQVxTJbW8>

You may pay for the camp using School Cash Online.

## **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 Tuesday and Thursday from 9:30 am - 12:30 pm. Each day we will be working on skills, strength and conditioning and have open gym. Summer workouts and open gym will begin June 10<sup>th</sup>. I have included a Summer schedule to help with Summer planning. We 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 Juniors Volleyball [www.austinsportscenter.com](http://www.austinsportscenter.com)

Texas Serve Volleyball <https://www.txservevolleyball.com/>

Top Flight Volleyball – Kyle [www.txtopflightvolleyball.com](http://www.txtopflightvolleyball.com)

Austin Performance Volleyball [www.austinperformancevolleyball.com](http://www.austinperformancevolleyball.com)

CTX Volleyball <https://www.ctxjuniors.com/>

## **IMPORTANT INFORMATION**

### **PHYSICALS, TRYOUTS, 2-A-DAYS, AND THE 2025 SEASON**

#### **PHYSICALS**

Every athlete is required to have a physical on file with our athletic trainers before summer workouts and for volleyball tryouts. I have included links below for physicals and required online forms. We will be hosting free physicals for ALL incoming freshmen on May 8th and May 9th from 4-6pm. Please reach out to Coach Thomas if you would like to get a free physical here at Akins on either of these days.

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 Friday, August 1st. Tryouts are **MANDATORY** for all athletes. I have included a schedule with times and session information. Tryouts will occur on Friday, August 1st and Monday, August 4th with teams posted at the conclusion of tryouts on the 4th. You **MUST** attend both sessions and days for your age to be considered for a team.

#### **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. We will communicate any changes through our SportsYou (see below).

#### **SCRIMMAGES AND GAMES**

Friday, August 8<sup>th</sup> & Saturday, August 9<sup>th</sup> we'll play our first scrimmages. Games will begin on August 11<sup>th</sup>. 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 us on the 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 August 1st. If you have any questions or concerns, please feel free to contact me by email, phone, or on SportsYou.

Thank you,

Coach Mandy Thomas

Co-Athletic Coordinator

Head Volleyball Coach

Akins High School

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