

IRONWOOD RIDGE VOLLEYBALL

IRONWOOD RIDGE VOLLEYBALL 2019

OFF-SEASON INFORMATION

Welcome to Ironwood Ridge Volleyball! With tradition comes great responsibility. IRVB is preparing for another season filled with expectations of earning another Regional Championship and returning to the State Tournament's Final Four!

The following information is to help prepare all prospective volleyball student-athletes for the 2020 Volleyball season.

OFF-SEASON VOLLEYBALL EXPECTATIONS | *Our Commitment to Excellence*

Preparation is the key to maintaining a top-notch volleyball program. Over the past 18 years, Ironwood Ridge has built a strong tradition of developing excellent volleyball players and teams. Expectations are high here and you must make a choice to share these expectations or make the commitment to meet them. The emphasis for our off-season training this season is to focus on allowing all players to be mentally refreshed as well as getting everyone in shape to compete at a high level while avoiding injury, to improve team chemistry with the new class added to the varsity level, and to give our senior class a chance to lead the way in the weight room.

We've adjusted our Off-Season Program (by eliminating volleyball-specific skills training sessions) to accommodate the burn-out factor of our returning players and the demand of family vacations during the June and July. The following options are available to all prospective players:

☐ STRENGTH/CONDITIONING | MAY–JULY

Attendance will be taken on Team Days—we become a team by sweating together in the off-season. The Strength Coaches will provide a volleyball-specific and cycled workout that will require 4 days per week. It is **acceptable to supplement** workouts with a personal trainer and/or another organization. However, it is **not acceptable to replace** the volleyball workout expectations with a trainer and/or other organization. Please see the Strength Coaches for alternative plans for conflicts with summer school or National club tournaments.

If you are a varsity candidate and will be missing more than 6 team workouts during the Summer—we need to talk.

☐ OPTIONAL VOLLEYBALL TEAM CAMPS | JULY

The volleyball program offers the opportunity to attend a couple Team Camps to attend as a team. All players are invited to the University of Arizona Team Camp; and the NAU Volleyball Team Camp in Flagstaff—provided they are actively participating in the Strength/Conditioning sessions. If you need financial assistance for volleyball camps, please talk to Coach Lang.

☐ OPTIONAL IRVB VOLLEYBALL TEAM CAMPS | JULY-AUGUST

The volleyball program hosts our annual Volleyball Camps which are geared specifically to prepare players for the high school season. These camps sessions introduce and reinforce our technical principles and system standards. While attending the camps is recommended for incoming (new) players and/or returning sophomores, **it is not required** as volleyball-specific training for returning players.

Please do not confuse off-season training with tryouts. Off-season is an opportunity for all prospective players to be a part of the program. Participation in off-season activities does not guarantee a uniform in the Fall, it guarantees only that if a player works hard, they will improve.

PRE-SEASON VOLLEYBALL EXPECTATIONS | THE 2019 SEASON STARTS AUGUST 12, 2019

Pre-season volleyball begins on **August 12, 2019** with Player Evaluations—see the tentative schedule below. The volleyball season will start after the first week of school this year. The expectation is that all prospective student-athletes **report on time, fit, and ready to work**.

ATHLETIC CLEARANCE: All student-athletes must have a current clearance packet (including a current physical and health history form) on file with the Athletic Department BEFORE they are allowed to participate in any off-season activities. Physicals for the 2019 season must be dated on or after March 1, 2019. Please contact the Athletic Department with any questions or concerns.

2019 TEAM TRYOUTS:

Evaluations begin on
Monday, August 12, 2019

Varsity Player Evaluation Schedule

Open Gym	Thurs	8/8	4:00–5:30 PM
Open Gym	Fri	8/9	4:00–5:30 PM
	Mon	8/12	6:00–9:00 PM
	Tues	8/13	6:00–9:00 PM
	Wed	8/14	6:30–8:15 AM
			6:00–9:00 PM

* Times subject to change

Junior Varsity/Freshman Team Schedule

Open Gym	Thurs	8/8	4:00–5:30 PM
Open Gym	Fri	8/9	4:00–5:30 PM
	Mon	8/12	4:00–7:00 PM
	Tues	8/13	4:00–7:00 PM
	Wed	8/14	4:00–7:00 PM
	Thurs	8/15	4:00–7:00 PM

* Times subject to change

FOR MORE INFORMATION: Contact Head Coach Bill Lang | bill.lang@nighthawkvolleyball.com | (520) 906-6668

IRONWOOD RIDGE VOLLEYBALL

IRONWOOD RIDGE VOLLEYBALL 2020

Better Together

COVID-19 INFORMATION: The uncertainty of the coronavirus (or COVID-19) has suspended normal Off-Season Activities and creates unprecedented challenges for high schools and interscholastic activities this Fall. The health and safety of our student-athletes and coaching staff will be our top priority. As we prepare for the 2020 Volleyball Season, we will be monitoring all information and guidelines from the CDC, State of Arizona, Pima County Health Department, Arizona Interscholastic Association, and the Amphitheater School District.

Given the fluid nature of this information, we will attempt to communicate all changes to the following information as we strive to maintain our normal Off-Season Program this summer while making all necessary adjustments to prepare both remotely and in person.

OFF-SEASON VOLLEYBALL EXPECTATIONS | *Our Commitment to Excellence*

Preparation is the key to maintaining a top-notch volleyball program. While COVID-19 will create challenges to our Off-Season Training and desire to out-work our competition, the expectations remain high here nonetheless. One of the advantages of the time off due to the COVID-19 shutdown is that our players and coaches should be mentally refreshed and ready to return after the break! However, the rest of our goals for the off-season remains: to get everyone in shape to compete at a high level while avoiding injury, to improve team chemistry, and to give our Senior class a chance to lead the way in the weight room.

We've adjusted our Off-Season Program (by adding **Google Classroom** Sessions) to accommodate any required social distancing and safety procedures. **Once the Athletic Department receives clearance to train together, all Information and Activities will be delivered virtually.**



☐ GOOGLE CLASSROOM/ZOOM MEETINGS

All Off-Season Information and activities will be accessible in the IRVB 2020 Google Classroom and delivered via Team Zoom Meetings. **All returning and prospective volleyball student-athletes should email Coach Lang for the Join Code.**

☐ STRENGTH/CONDITIONING | MAY-JULY

The Strength Coaches will provide a volleyball-specific and cycled workout that will require 4 days per week. It is **acceptable to supplement** workouts with a personal trainer and/or other organization. However, it is **not acceptable to replace** the volleyball workout expectations with a trainer and/or other organization. **Attendance and work-out progress will be tracked using the program's TeamBuilder platform.**

☐ VOLLEYBALL TEAM CAMPS | JULY

The NCAA Division I Recruiting Dead Period has been extended to July 31, 2020 this year due to COVID-19 concerns. This essentially prohibits collegiate coaches from hosting their annual camps this summer.

IRVB is exploring the possibility of hosting an IRVB Team Camp in late-July should this activity be permitted.

☐ IRVB VOLLEYBALL CAMPS | JULY-AUGUST

The annual IRVB Volleyball Camps are tentatively scheduled this summer pending any restrictions related to COVID-19.

The IRVB Camps are geared specifically to prepare players for the high school season. These camps sessions introduce and reinforce our technical principles and system standards. While attending the camps is recommended to prepare for the Fall Season, **it is not required** as a prerequisite for being placed on the team roster. All CDC and NFHS approved recommendations will be followed at the volleyball camps.

PRE-SEASON VOLLEYBALL EXPECTATIONS | THE 2020 SEASON STARTS AUGUST 10, 2020

Assuming that schools re-open in this Fall, the pre-season begins on **August 10, 2020** with Player Evaluations—see the tentative schedule below. Regardless of our downtime, the expectation is that all prospective student-athletes **report on time, fit, and ready to work.**

ATHLETIC CLEARANCE: All student-athletes must have a current clearance packet (including a current physical and health history form) on file with the Athletic Department BEFORE they are allowed to participate in any off-season activities. Physicals for the 2020 season (for new players) must be dated on or after March 1, 2020. Please contact the Athletic Department with any questions or concerns.

2020 TEAM TRYOUTS:

Evaluations begin on
Monday, August 10, 2020

VARSITY PLAYER EVALUATION SCHEDULE

Mon	8/10	6:00–9:00 PM
Tues	8/11	6:00–9:00 PM
Wed	8/12	6:30–8:15 AM 6:00–9:00 PM

* Times subject to change

JUNIOR VARSITY/FRESHMAN TEAM SCHEDULE

Mon	8/10	4:00–7:00 PM
Tues	8/11	4:00–7:00 PM
Wed	8/12	4:00–7:00 PM
Thurs	8/13	4:00–7:00 PM

* Times subject to change

FOR MORE INFORMATION: Contact Head Coach Bill Lang | blang@amphi.com | (520) 906-6668

Player Evaluation Information

TEAM TRYOUT SESSIONS

SENIORS/JUNIORS Attend the **Varsity tryout** sessions.

SOPHOMORES/FRESHMEN Attend the **Junior Varsity/Freshman** tryout sessions.

Please verify the tryout schedule and times for your class—the complete schedule can be found online at www.nighthawkvolleyball.com. Freshman **may not tryout** for the Varsity Team; Sophomores may participate in the Varsity Team Tryouts **by invitation only**. Please see the Head Coach if you have any questions.

All tryout sessions will begin on time – please plan on checking in at least 15 minutes prior to the start time.

ATHLETIC DEPARTMENT CLEARANCE

All prospective student-athletes **must be cleared through the Ironwood Ridge Athletic Office** before being permitted to workout or tryout for **any** sport on campus. Once all paperwork and parent signatures are correctly turned in, the Athletic Office will issue a **clearance slip**. Please bring this slip to your first day.

Athletes without proper clearance will not be allowed to participate - **no exceptions**.

Please be cleared by **August 10, 2020** to avoid any unforeseen delays with the paperwork or requirements. Missing a significant number of sessions could adversely effect a student-athletes placement on a team...

WHAT TO EXPECT AT VOLLEYBALL TRYOUTS

Expect to work hard. Volleyball is a team sport where everyone works hard together. The goal of the coaching staff is to place players in the best situation for the success of the program first, then each team, and finally, the players' individual development. Competition for a team uniform, playing time, and/or a starting position will be intense. We believe that selection to a high school team is an honor and privilege.

Player Evaluations (at all levels) will include the following:

Attitude Evaluation: Each training session is designed to incorporate practice-like instruction and feedback from the volleyball coaching staff. Prospective student-athletes will be evaluated on their **coachability**, motivation, and maturity. Students with campus discipline issues may not be considered.

Athletic Testing: All prospective student-athletes will be put through a series of physical testing to measure each athletes overall athletic ability and level of conditioning.

Skill/Competition Evaluation: The final criteria will be a comprehensive evaluation of how well student-athletes respond in competitive situations. Skill and positional need is considered during this evaluation.

Player Interview: The staff will ask candidates what they believe their contribution to the program will be.

VARSITY PLAYER EVALUATION CRITERIA

Participating athletes must possess a working knowledge of offensive/defensive systems and terminology that is consistent with that of the Nighthawk Volleyball system. Athletes must also possess a level of athleticism, fitness, and technical ability consistent with that of a high level varsity players.

Team selections for the top players will be based on results from a **Competitive Matrix** that will score and rank each varsity candidate's athletic ability and level of competitiveness. Further criteria will include the positional needs of the team as well as a **Player Interview** to discuss each candidate's character—meaning their conduct on and off the court, citizenship, commitment, and the candidate's academic performance.

Academically ineligible players will not be considered for the varsity team.

JUNIOR VARSITY; and FRESHMAN EVALUATION CRITERIA

Selection will be based mainly on the potential for improvement. The main criteria for each prospective player (in this order) will be:

1. **Attitude** (it must be positive and competitive)
2. **Athletic Ability** (including quantitative athletic testing)
3. **Positional skill and/or Potential**

The main criteria for our **Freshman Team** will be coachable players that have a great work ethic and possess the ability to learn offensive/defensive systems. Prior volleyball experience may help, **but is not required**.

Junior Varsity athletes must possess a working knowledge of offensive/defensive systems consistent with that of a typical varsity program. Athletes must also possess a level of fitness and technical ability consistent with of a mid-level varsity player. Other criteria may include the candidate's academic performance and conduct on and off the court on campus. Academically ineligible players may not be selected in most cases.

The Ironwood Ridge Volleyball coaching staff will conduct all evaluations.

Questions regarding the Player Evaluations or Team Selections should be directed to Head Volleyball Coach Bill Lang at blang@amphi.com.

Off-Season Volleyball Opportunities

The emphasis for our off-season training this season is to focus on allowing all players to be mentally refreshed as well as getting everyone in shape to compete at a high level while avoiding injury. The opportunities listed have always been and will continue to be completely voluntary. Please do not confuse off-season training with tryouts. Training out of season is an opportunity and a privilege to all prospective players. It's called a privilege because it often requires several hours of volunteer time by coaches and players.

For more information, please visit www.nighthawkvolleyball.com/offseason.

STRENGTH/CONDITIONING Off-season strength and conditioning is for all prospective volleyball players to prepare them for the physical testing that will be performed during player evaluations as well as to enhance performance during the season and to reduce the chance of injury.

Please see the Volleyball Strength/Conditioning Schedule online for specific dates and times.

OFF-SEASON CYCLES | SPRING AND SUMMER STRENGTH/CONDITIONING SCHEDULE:

CYCLE I	April 8—May 17	6 weeks	Wednesday, Friday; 3:45—5:00 PM
CYCLE II	May 28—June 20	4 weeks	Monday-Thursday; 6:30—8:00 AM
CYCLE III	July 8-August 1	4 weeks	Monday-Thursday; 6:30—8:00 AM

PRE-SEASON CYCLES | FALL STRENGTH/CONDITIONING SCHEDULE:

CYCLE IV	August 12—August 31	3 weeks (4 times a week depending on training/scrimmage schedule)
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IN-SEASON CYCLES | TEAM MAINTENANCE STRENGTH/CONDITIONING SCHEDULE:

CYCLE V	September 1—October 4	6 weeks (3 times a week depending on competition schedule)
CYCLE VI	October 14—November 8	4 weeks (2 times a week depending on competition schedule)

POST-SEASON CYCLES | WINTER STRENGTH/CONDITIONING SCHEDULE:

November 18—February 14	14 weeks (2 weeks off for Final Exams/Holiday Break)
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The expectation is that **varsity candidates** attend 80-100% of all off-season workouts. Regardless, all volleyball players will be expected to report this Fall in excellent physical condition.

IRONWOOD RIDGE VOLLEYBALL CAMPS

Information concerning the 2019 Ironwood Ridge Volleyball Camps are posted on the website at www.nighthawkvolleyball.com/camps. The IRVB CAMPS offers a Serve Reception Skills Camp in June; and the Positional Skills and All-Skills Camps in July. These camps give prospective players the opportunity to train with the players and coaches at Ironwood Ridge and have been the cornerstone of the Volleyball program by offering invaluable instruction each summer to our players at an affordable low cost.

Ironwood Ridge students must **register early** to take advantage of the package discount.

UNIVERSITY OF ARIZONA VOLLEYBALL TEAM CAMP

UA VOLLEYBALL TEAM CAMP: JULY 12-14, 2019

The volleyball program will send at least 3 teams to the UA Volleyball Team Camp. To reserve a spot on one of the teams, return your application and payment to the coaching staff by **June 10, 2019**.

Contact Coach Lang for more information.

NORTHERN ARIZONA VOLLEYBALL TEAM CAMP

NAU VOLLEYBALL TEAM CAMP: JULY 16-18, 2019

The volleyball program will send prospective varsity and junior varsity players to the Northern Arizona Volleyball Team Camp. Spots for the overnight camp will be reserved returning players participating in the off-season training. For more information and to reserve a spot in the camp, please contact Coach Lang.

OPEN BEACH

SUMMER NIGHTS AT NIGHTHAWK BEACH

Come out and join the #BeachParty at Nighthawk Beach. The Beach will be open for players and alumni to escape the heat during the summer at the Beach Volleyball Facility. IRVB will host open play on Tuesdays and Thursdays. Check online for the schedule.

Please do not confuse these off-season training opportunities with tryouts. Off-season activities are an opportunity for all prospective players to improve their strength and fitness while also being a part of the program during the summer.

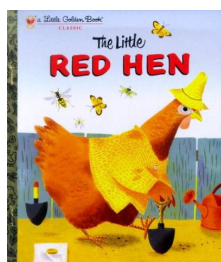
Participation in off-season activities and/or club volleyball does not guarantee an Ironwood Ridge uniform in the Fall, it guarantees only that if a player works hard, they will improve.

Off-Season Required Reading List

IRONWOOD RIDGE VOLLEYBALL CAMPS

Information concerning the 2015 Ironwood Ridge Volleyball Camps are posted on the website at www.nighthawkvolleyball.com/camps. The IRVB CAMPS offer a Defensive Camp, Setter/Attacking Camp, and the Championship Volleyball All-Skills Camp. These camps have been the cornerstone of the Ironwood Ridge Volleyball program by offering invaluable instruction each summer to our players at an affordable low cost. Attending the IRVB camps in the off-season is highly recommended to support the program.

Ironwood Ridge students must **register by June 19, 2015** to take advantage of the package discount.



The Little Red Hen

TEAM SCRIMMAGES against other school volleyball teams are on Thursday nights—these scrimmages are open to all prospective players that are attending open gyms, conditioning sessions, and/or IRVB camps.

Players need to confirm their participation at www.nighthawkvolleyball.com/offseason

Thursday	June 4	6:00-9:00 PM	Ironwood Ridge
Thursday	June 11	6:00-9:00 PM	Ironwood Ridge/TBA
Thursday	June 19	6:00-9:00 PM	Location TBA
Thursday	June 25	6:00-9:00 PM	Location TBA
Thursday	July 9	6:00-9:00 PM	Play-offs! Location TBA

UNIVERSITY OF ARIZONA VOLLEYBALL TEAM CAMP

UA VOLLEYBALL TEAM CAMP: JULY 17-19, 2015

The volleyball program will send at least 4 teams to the UA Volleyball Team Camp. To reserve a spot on one of the teams and take advantage of IRVB's contribution per player, return your application and payment to the coaching staff by **June 11, 2015**. Contact Coach Lang for more information.

Player Summer Schedule

NAME : _____

EMAIL ADDRESS: _____

CELL PHONE NUMBER: _____

Please include any personal summer plans you have on the following form. This should include non-IRVB activities such as **summer school**, family **vacation** plans, other **sports' schedules**, summer jobs, **club volleyball** or **beach tournaments**, etc.

Please return to the coaching staff **by May 20**.

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	May 27	May 28	May 29	May 30	May 31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	August 1	August 2	August 3

UA Volleyball Team Camp Registration Form

Ironwood Ridge Volleyball will be sending at least three teams to the UA Volleyball Team Camp on **July 12-14, 2019**. All players register for this camp through their school—please do not contact the UA Volleyball Coaching Staff to register for the camp.

RETURNING IRONWOOD RIDGE VOLLEYBALL PLAYERS: To reserve a spot on the one of the IRVB teams, please email complete the registration form below and turn in to the coaching staff no later than **May 15, 2019**. The registration fee of \$150.00 will be due at this time or by June 15, 2019 at the latest. Please see the coaching staff if you have any questions.

NEW OR INCOMING IRONWOOD RIDGE STUDENTS: Complete the registration form and return to the Ironwood Ridge coaching staff no later than **June 10, 2018**. The complete balance (\$150) is due in order to reserve a spot in the camp. The coaching staff will strive to accommodate all players that want to participate, however space may be limited and registrations will be taken in the order they are received.

PLEASE NOTE: Participation in the UA Team Camp will not guarantee any prospective volleyball player a spot on any of the Ironwood Ridge Volleyball teams' rosters in the Fall. This camp is offered to all prospective student-athletes that want to attend.

For more information or questions concerning the UA Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at bill.lang@nighthawkvolleyball.com.

Please make all checks payable to IRONWOOD RIDGE VOLLEYBALL

DAVID RUBIO VOLLEYBALL CAMP—TEAM CAMP REGISTRATION FORM

REGISTRATION INFORMATION

Name _____ High School **IRONWOOD RIDGE** Club _____
Address _____ City _____ State _____
Zip _____ Cell () _____ Email _____
T-shirt size (adult sized t-shirts) S _____ M _____ L _____ XL _____

MEDICAL RELEASE APPROVAL

Name of Camper _____ Male/Female (circle one)
Past Health _____ Past Injuries _____
Present Medication _____ Allergies _____
Insurance Company _____ Policy # _____ Policy Holder _____
Insurance Company Address _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the David Rubio Volleyball Camp. I hereby agree and promise that I will not hold David Rubio's Volleyball Camp nor its employees responsible for any loss, damages, or personal injury received as a result of participation. I hereby authorize the directors of the David Rubio's Volleyball Camp to act for my child according to their best judgment in an emergency requiring medical attention. I agree to allow my child to be treated by a certified athletic trainer or licensed physician (if necessary) and to assume costs related to such treatment. I authorize my insurance company to pay benefits to Student Health service or University Medical Center. Also, I authorize the disclosure of medical information to my insurance for the purpose of claim. This camp is not an official function of The University of Arizona.

Parent or Guardian Signature _____ Print Name _____ Date _____
Street Address _____ Zip _____
City _____ State _____ Home () _____ Cell () _____

NAU Volleyball Team Camp

CAMP INFORMATION

Ironwood Ridge Volleyball will be offering the opportunity for **prospective Varsity and Junior Varsity players** to compete at the Northern Arizona University Volleyball Team Camp on **July 16-18, 2019**. This camp will be open to all returning players that are actively participating in the off-season Strength/Conditioning sessions. Since this is an overnight camp, new prospective players may be invited by the coaching staff—invitation only if space is available.

The Team Camp will be held at Northern Arizona University in Flagstaff, Arizona. The team will travel by school (or rental) vans and stay in dormitories on the NAU campus—the dorms will be supervised by the camp staff as well as the varsity coaching staff. Meals will also be included for the team during the camp.

The NAU Team Camp is three days with multiple sessions of volleyball each day. Included in the sessions will be 10 matches of competition, training, team bonding exercises, and team chalk talks with the NAU coaching staff. The final day (Thursday) will feature a double-elimination tournament for the participating teams.

PLEASE NOTE: Participation in the NAU Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.

TUESDAY | JULY 16

CHECK-IN: 10:30 AM

SESSION 1: 11:00 AM—1:00 PM

SESSION 2: 6:00—9:00 PM

WEDNESDAY | JULY 17

SESSION 3: 9:00 AM—12:00 PM

SESSION 4: 2:00 PM—5:00 PM

SESSION 5: 7:00—9:00 PM

THURSDAY | JULY 18

SESSION 6: 9:00 AM—TBD

CHECK-OUT: 3:00 PM

TRAVEL ITINERARY

This trip is approved by Ironwood Ridge High School and all Ironwood Ridge Volleyball and Amphitheater Student-Athlete Code of Conduct Rules will be followed for the duration of the trip. The team will travel by school vans or rental vans driven by the varsity coaching staff.

TUESDAY	July 16	6:00 AM 10:30 AM	Depart campus for Flagstaff (players responsible for meals during van ride) Check-in to team hotel/dorms See camp schedule listed above
WEDNESDAY	July 17		See camp schedule listed above
THURSDAY	July 18	4:00 PM 8:30 PM	See camp schedule listed above Depart for Oro Valley (players will be responsible for meals during van ride) Return to Ironwood Ridge (approximate arrival time)

CAMP TUITION

RETURNING IRONWOOD RIDGE VOLLEYBALL PLAYERS: To reserve a spot on the IRVB NAU team roster, please complete the registration form and return to the coaching staff no later than **May 15, 2019** along with a deposit of \$100. The cost of the camp is \$250 per player (includes the camp tuition, team fee, housing, meals, and transportation to Flagstaff). The remaining balance needs to be paid by July 10, 2019 to participate in the camp. Please see the coaching staff for details.

NEW IRONWOOD RIDGE SENIORS OR JUNIORS: Please contact Coach Lang first for availability; then complete the registration form and return to the Ironwood Ridge coaching staff no later than **July 10, 2019**. The complete balance (\$250) is due in order to reserve a spot in the camp.

For more information or questions concerning the NAU Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at bill.lang@nighthawkvolleyball.com.

Please make all checks payable to IRONWOOD RIDGE VOLLEYBALL

Long Beach State Volleyball Team Camp

CAMP INFORMATION

Ironwood Ridge Volleyball will be sending a **prospective Varsity team** to the Long Beach State Volleyball Team Camp on **July 21-24, 2017**. This camp is open to prospective Seniors and Juniors that are actively participating in the off-season Strength/Conditioning sessions and Team Practices. Sophomores may be invited by the coaching staff—invitation only if space is available. Freshmen will not participate in this camp.

PLEASE NOTE: Participation in the Long Beach Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.

The Skills/Team Camp will be held at Long Beach State University in Long Beach, California. The team will travel by school (or rental) vans and stay in dormitories on the LBSU campus—the dorms will be supervised by the camp staff as well as the varsity coaching staff. Meals will also be included for the team during the camp.

The LBSU Team Camp is run concurrently with the Skills Camp over four days. The team participates in the individual skills demonstrations followed by work on team skill development led by a member of the camp coaching staff. Long Beach State Volleyball has a long history of winning (three National Championships and eight Final Four Appearances) along with developing players (Six National Player of the Year Award Recipients, 43 All-Americans, and 13 Olympians). This camp is disciplined and rigorous for the 30+ hours of skills instruction and competition.

FRIDAY | JULY 21

CHECK-IN: 11:30 AM

SESSION 1: 2:00—5:00 PM

SESSION 2: 6:00—9:00 PM

SATURDAY | JULY 22

SESSION 3: 9:00 AM—12:00 PM

SESSION 4: 1:30—4:30 PM

SESSION 5: 6:00—9:00 PM

SUNDAY | JULY 23

SESSION 6: 9:00 AM—12:00 PM

SESSION 7: 1:30—4:30 PM

SESSION 8: 6:00—9:00 PM

MONDAY | JULY 24

SESSION 9: 9:00 AM—12:00 PM

TRAVEL ITINERARY

This trip is approved by the Amphitheater Governing Board and all Ironwood Ridge Volleyball and Amphitheater Student-Athlete Code of Conduct Rules will be followed for the duration of the trip. The team will travel by school vans or rental vans driven by the varsity coaching staff.

THURSDAY	July 20	TBD TBD	Depart campus for Long Beach, California (players responsible for meals during van ride) Check-in to team hotel/dorms
FRIDAY	July 21	9:00 AM 11:30 AM	Team Breakfast at Huntington Beach Check-in to Long Beach State
SATURDAY	July 22		See camp schedule listed above
SUNDAY	July 23		See camp schedule listed above
MONDAY	July 24		See camp schedule listed above
		1:00 PM 11:00 PM	Depart for Oro Valley (players will be responsible for meals during van ride) Return to Ironwood Ridge (approximate arrival time)

CAMP TUITION

RETURNING IRONWOOD RIDGE VOLLEYBALL PLAYERS: To reserve a spot on the IRVB LBSU team roster, please complete the registration form and return to the coaching staff no later than **June 15, 2017**. The cost of the camp is \$300 per player (includes the camp tuition, housing, and meals) and IRVB will pay a portion of the registration fee (and transportation expenses) provided the player worked at Volleypalooza, willing to work the IRVB camps, and/or solicits IRVB Sponsorships for the Fall Season. Otherwise, the full-registration fee (\$500) needs to be paid by June 15, 2017 to reserve a spot in the camp. Please see the coaching staff for details.

NEW IRONWOOD RIDGE SENIORS OR JUNIORS: Complete the registration form and return to the Ironwood Ridge coaching staff no later than **June 15, 2017**. The complete balance (\$500) is due in order to reserve a spot in the camp.

For more information or questions concerning the LBSU Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at bill.lang@nighthawkvolleyball.com.

Please make all checks payable to IRONWOOD RIDGE VOLLEYBALL

IRONWOOD RIDGE VOLLEYBALL

IRONWOOD RIDGE VOLLEYBALL PROGRAM | 2020 SEASON

New Player Information

Welcome to Ironwood Ridge High School—home of Nighthawk Volleyball! The great thing about being a Nighthawk Volleyball player is that you get to be a part of a program and a school that thrive on building tradition and excellence. It means that you are committed to hard work and dedication on and off the court... It means playing in front of some of the loudest and most supportive fans in the city... It means playing against the best teams in the state... It means wearing the school colors with pride... It means doing your best in athletics and academics...

The following information is to help prepare all prospective volleyball student-athletes for the 2020 Volleyball season, beginning with what will be expected in the pre-season (August 12) and the off-season volleyball activities that are offered in the summer.

MAILING LIST: To subscribe to the IRVB Off-Season Newsletter for email updates, please visit: nighthawkvolleyball.com/offseason

NEW PLAYER/FRESHMAN INFORMATION MEETINGS

May 9, 2019 6:30 PM
July 25, 2019 6:30 PM

The volleyball program will host **Informational Meetings** during the summer in preparation for the upcoming season. All information can also be found on our website at nighthawkvolleyball.com/offseason.

The meetings are an opportunity to meet the coaching staff and discuss anything prospective players/parents may want to know about the volleyball program, including the IRVB philosophy, academic standards, player expectations, training/competition schedule, off-season training and the 2020 team tryouts.

HIGH SCHOOL VOLLEYBALL STARTS AUGUST 10, 2020 PRE-SEASON VOLLEYBALL EXPECTATIONS

Pre-season volleyball begins on **August 10, 2020** with Player Evaluations—see the tentative schedule below. The season will start before school begins this season. The expectation is that all prospective student-athletes **report on time, fit, and ready to work**.

ATHLETIC CLEARANCE: All student-athletes must have a current clearance packet (including a current physical and health history form) on file with the Athletic Department **BEFORE** they are allowed to participate in any off-season activities. Physicals for the 2019 season must be dated on or after March 1, 2019. Please contact the Athletic Department with any questions or concerns.

Athletes without proper clearance will not be allowed to participate - **no exceptions**.

Please be cleared by **August 1, 2019** to avoid any unforeseen delays with the paperwork or requirements. Missing a significant number of sessions could adversely effect a student-athletes placement on a team...

2019 TEAM TRYOUTS:

Evaluations begin on
Monday, August 12, 2019

VARSITY PLAYER EVALUATION SCHEDULE

Open Gym	Thurs	8/8	4:00–5:30 PM
Open Gym	Fri	8/9	4:00–5:30 PM
	Mon	8/12	6:00–9:00 PM
	Tues	8/13	6:00–9:00 PM
	Wed	8/14	6:30–8:15 AM 6:00–9:00 PM

* Times subject to change

JUNIOR VARSITY/FRESHMAN TEAM SCHEDULE

Open Gym	Thurs	8/8	4:00–5:30 PM
Open Gym	Fri	8/9	4:00–5:30 PM
	Mon	8/12	4:00–7:00 PM
	Tues	8/13	4:00–7:00 PM
	Wed	8/14	4:00–7:00 PM
	Thurs	8/15	4:00–7:00 PM

* Times subject to change

OFF-SEASON VOLLEYBALL PROGRAM | *Commitment to Excellence*

Preparation is the key to maintaining a top-notch volleyball program. The emphasis for our off-season training this season is to focus on allowing all players to be mentally refreshed as well as getting everyone in shape to compete at a high level while avoiding injury.

The Off-Season includes Strength/Conditioning and Speed Training sessions, Volleyball Camps, and Team Camps each summer.

Please do not confuse off-season training with tryouts. Off-season is an opportunity for all prospective players to be a part of the program. Participation in off-season activities does not guarantee a uniform in the Fall, it guarantees only that if a player works hard, they will improve.

IRONWOOD RIDGE COACHING STAFF

Bill Lang, Head Volleyball Coach
Kathy Franklin, Associate Head Coach

VOLLEYBALL PROGRAM WEBSITE:

www.nighthawkvolleyball.com
www.nighthawkvolleyball.com/preseason

FOR MORE INFORMATION:

bill.lang@nighthawkvolleyball.com
(520) 906-6668

2020 Volleyball Player Evaluations Schedule

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If you're at our level, then we would love to see you at the 2020 Volleyball Player Evaluations!

NAVY SESSIONS | VARSITY TEAM

Week One will be Cohort Groups. All **Seniors and Juniors** are expected to attend the **Navy Evaluation** sessions.

Group A	Monday	September 21	Conditioning/Practice	7:00 PM—8:30 PM
Group A	Tuesday	September 22	Conditioning/Weight Room	5:00 PM—6:30 PM
Group A	Wednesday	September 23	Conditioning/Practice	7:00 PM—8:30 PM
Group A	Thursday	September 24	Conditioning/Weight Room	5:00 PM—6:30 PM
Group A	Friday	September 25	Conditioning/Practice	4:30 PM—6:00 PM
Group A	Saturday	September 26	Weight Room/Practice	8:00 AM—10:00 AM
Day One	Monday	September 28	Session I	7:00 PM—8:30 PM
Day Two	Tuesday	September 29	Session II	5:00 PM—6:30 PM
Day Three	Wednesday	September 30	Session III	7:00 PM—9:30 PM
First Practice	Thursday	October 1	Varsity Team	7:00 PM—9:00 PM

SILVER SESSIONS | JR VARSITY & FRESHMAN TEAMS

Week One will be Cohort Groups: Group B (Sophomores) and Group C (Freshman)

Evaluations and Team Selections will begin Week Two. All **Sophomores and Freshmen** attend the **Silver Evaluation** sessions.

Groups B and C	Monday	September 21	Conditioning/Ball Skills	5:00 PM—6:30 PM
Groups B and C	Tuesday	September 22	Conditioning Only	5:00 PM—6:00 PM
Groups B and C	Wednesday	September 23	Conditioning/Ball Skills	5:00 PM—6:30 PM
Groups B and C	Thursday	September 24	Conditioning Only	5:00 PM—6:30 PM
Groups B and C	Friday	September 25	Conditioning/Ball Skills	6:30 PM—8:00 PM
Groups B and C	Saturday	September 26	Conditioning/Practice	10:30 AM—12:00 PM
Day One	Monday	September 28	Session I	5:00 PM—6:30 PM
Day Two	Tuesday	September 29	Session II	5:00 PM—6:15 PM
Day Three	Wednesday	September 30	Session III	5:00 PM—7:15 PM
First Practice	Thursday	October 1	Junior Varsity/Freshman	TBD

All players are expected to attend ALL SESSIONS until directed otherwise by the coaching staff.

ATHLETIC DEPARTMENT CLEARANCE

All prospective student-athletes **must be cleared through the Ironwood Ridge Athletic Office**. Once all paperwork and parent signatures are correctly turned in, the Athletic Office will issue a **clearance slip**. Please bring this slip to check-in at tryouts. Athletes without proper clearance **will not be allowed** to participate.

All prospective athletes must have District's COVID-19 Forms on file before participation.

The IRVB coaching staff will conduct all evaluations and record all results. If you have any questions concerning tryouts, please email Head Volleyball Coach Bill Lang at blang@amphi.com