

# GRIZZLY VOLLEYBALL- 2018 9TH GRADE

## PRE-SEASON / SUMMER PLANS

The ThunderRidge Volleyball Program is building a foundation based on the some of the most successful teams and groups in the world. We will focus on creating a culture of vulnerability, instilling a Growth Mindset, and applying Motor Learning Science-- We are looking forward having you join our program and building new traditions with us!

### Important dates--

April 11: "8TH GRADE NIGHT" @ TRHS

-Attend the TRHS '8th Grade Night' to meet coaches and receive more information about the season!

May 2 - 17: OPEN GYMS, 3PM-3:35PM [see calendar-- more months/dates/times to come!]

-Middle School Volleyball players will be invited to attend short open gym sessions, after school, to play with TR High School Volleyball players

June/July: OPEN GYMS, TBD

June/July: Grizzly Summer Strength and Conditioning

July 16-18: GRIZZLY VOLLEYBALL CAMP

-Developmental Volleyball Camp- will be in session with all ThunderRidge Volleyball Players, **see below**

August: Pre-Tryout Camp, Tryouts [cuts and teams made], and Practice begins [dates and times TBD; more information to come :)]

### July 16th-18th-- Grizzly Volleyball Camp - 11am - 2pm

This Developmental camp will provide 3, 3-hour sessions with Grizzly coaching staff, as well as a Collegiate Level Volleyball Coach, and the Founder of 'Train Ugly'

- @ Ranch View Middle School

- \$150 per player [includes 9 hours of instruction, developmental play, introduction of Grizzly team philosophies and strategies, and a t-shirt]

**[REGISTRATION IS OPEN NOW!-- @ <http://www.trgrizzlies.org/athletics!>]**

**If you have any questions, please do not hesitate to reach out!**

- Kristi Ragan, Head Coach
  - 307-349-5549
  - [kjragan@dcsdk12.org](mailto:kjragan@dcsdk12.org)

# TRVB Pre-Season/Summer Calendar

May 2018 TRVB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Open Gym - MS- 3--3:35pm HS- 3:15-5pm</b>	3	4	5
6	7	8	9 <b>Open Gym - MS- 3--3:35pm HS- 3:15-5pm</b>	10 <b>Open Gym - MS- 3--3:35pm HS- 3:15-5pm</b>	11	12
13	14 <b>Open Gym - MS- 3--3:35pm HS- 3:15-5pm</b>	15	16	17 <b>Open Gym - MS- 3--3:35pm HS- 3:15-5pm</b>	18	19
20	21	22	23	24	25	26
27	28	29 <b>OPEN GYM- TBD</b>	30	31 <b>OPEN GYM- TBD</b>		

\*\*additional calendar months/dates/times to come!

# GRIZZLY VOLLEYBALL-2018 8th GRADE

The ThunderRidge Volleyball Program is building a foundation based on the some of the most successful teams and groups in the world. We will focus on creating a culture of vulnerability, instilling a Growth Mindset, and applying Motor Learning Science-- We are looking forward having you join our program and building new traditions with us!

## Important dates-- [some dates and times scheduled may change]

March 21: Gold Crown Fundamentals Clinic/CSU Ram Volleyball Open Practice, 5:15pm-7:15pm

May 2 - 17: OPEN GYMS, 3PM-3:35PM [see calendar-- more months/dates/times to come!]

-Middle School Volleyball players will be invited to attend short open gym sessions, after school, to play with TR High School Volleyball players

June/July: OPEN GYMS, TBD

June/July: Grizzly Summer Strength and Conditioning

July 16-18: GRIZZLY VOLLEYBALL CAMP

-Developmental Volleyball Camp- Will be with all 6th, 7th, and 8th Grade Volleyball players, **see below**

Aug.-Nov.: GOLD CROWN VOLLEYBALL

Developmental Volleyball League- MORE INFORMATION TO COME!

## July 16th-18th-- Grizzly Volleyball Camp - 9-11am

This Developmental camp will provide 3, 2-hour sessions with Grizzly coaching staff, as well as a collegiate level volleyball coach, and the director of 'train ugly' [workshops on the science of learning and success]

- @ Ranch View Middle School

- \$145 per player [includes 6 hours of instruction, developmental play, introduction of Grizzly team philosophies and strategies, and a t-shirt]

**[REGISTRATION IS OPEN NOW!-- @ <http://www.trgrizzlies.org/athletics!>]**

**If you have any questions, please do not hesitate to reach out!**

- Kristi Ragan, Head Coach
  - [kjragan@dcsdk12.org](mailto:kjragan@dcsdk12.org)

# TRVB Pre-Season/Summer Calendar

May 2018 TRVB

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20	21	22	23	24	25	26
27	28	29 <b>OPEN GYM- TBD</b>	30	31 <b>OPEN GYM- TBD</b>		

\*\*additional calendar months/dates/times to come!

**PLAYER/PARENT CONTACT INFORMATION**

Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Player Phone: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Player Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Any immediate questions:

**PLAYER/PARENT CONTACT INFORMATION**

Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Player Phone: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Player Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Any immediate questions:

**PLAYER/PARENT CONTACT INFORMATION**

Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Player Phone: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Player Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Any immediate questions: