

Bengal Volleyball- Summer Opportunities 2023

Summer is quickly approaching and I'm excited to provide you with some opportunities to improve your individual skills. The time a player puts in during the off-season will make a difference when it comes to try-outs and contributing to our program in the regular season. These summer opportunities are NOT mandatory for any player wishing to tryout but highly recommended. The Helena High School volleyball program is a cut sport, meaning not all athletes who tryout will be selected for a team.

- **Open gyms and skill development** will begin June 2nd and will run through July 31st. Open gyms will be on Monday and Wednesday from 9-10:30am. However, there are a few days that might change due to summer camps and other events in the gym.
- **Strength and Conditioning Program-** During this time athletes will be doing weights, plyometric, core work, speed and agility training. This opportunity will help athletes get ready for the season and help with injury prevention.
 - Monday- Thursday 8-9am
- **Helena Volleyball Camp** will be June 12-15 (camp form attached).
- **Tryouts for the 2023 season will begin Friday Aug. 11.** During sport tryouts – Attendance each day is mandatory for all participants.
 - Each athlete MUST have a completed physical form and signed concussion form before they can start practice on Aug. 11th. Bring the completed forms the first day. All required forms can be found on the Activities Home Page as well as the HHS office.

I encourage all of my athletes to attend camps, play in tournaments, and do as much as possible to better themselves throughout the summer months. My staff and I look forward to working with each of you.

Stay connected by following us:

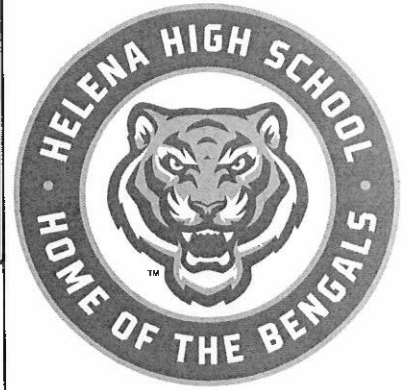
- Facebook- [Helena High Bengals Volleyball](#)
- Instagram- [Helena Bengals Volleyball](#)

All summer updates will be communicated through Remind. Watch for a weekly agenda every Sunday during the summer months.

Enter number: 81010 Text: @728b4hh

Coach Day
HHS Head Volleyball Coach
lday@helenaschools.org
406.241.8500

Helena High Volleyball Summer Skills Camp



Presented by Helena High Coaching Staff and Varsity Players

June 12-15

Grade 9-12	9 am-12 pm	\$85 per camper
Grades 6-8	1 pm-4 pm	\$85 per camper
Grades 3-5	5 pm-7 pm	\$55 per camper

**SEND REGISTRATION
AND CHECKS
PAYABLE TO:**

LINDSEY DAY
3470 ORCHID DRIVE
HELENA, MT 59602

or

Venmo: Lindsey-Day-25

FOR ADDITIONAL INFORMATION: LINDSEY DAY 406.241.8500 LDAY@HELENASCHOOLS.ORG

CAMPER'S NAME:

FIRST _____

LAST _____

PLEASE CIRCLE:

GRADE AS OF FALL 2023: **3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th**

T-SHIRT SIZE: (ONE PER CAMPER) YOUTH: **S M L** or ADULT: **S M L**

The undersigned parent / guardian of a participant in the Helena Volleyball Camp acknowledges that there are certain dangers inherent in any athletic activity and that bodily injury could occur while participating in any activity at volleyball camp. The undersigned agrees that the undersigned's child listed above will hold the Volleyball Camp, it's directors and staff free from any and all liability for any and all accidents or injuries occurring of the participant as a result of participation in the camp, and hereby release the Helena Volleyball Camp, directors and staff from any and all such liability.

Parent/Guardian: _____ Date: _____

Address: _____

Medical Insurance: _____ Policy No.: _____

Emergency Contact: _____ Phone: _____