

Katy Tiger



Volleyball

“Hustle and Heart set us apart.”

2023 KATY TIGER VOLLEYBALL

Important Information and Dates

Please join the Sports You App to stay up to date with Katy Volleyball information.

PHYSICALS (MAY 18th 5:30 pm) @ Katy High School. You may complete your online paperwork and submit a copy of your Birth Certificate and Utility Bill (dated after May 1st) to Rank One at this time. All physical forms must be completed online in order to participate in all summer camps including SAC and tryouts.

STRENGTH AND CONDITIONING CAMP (SAC):

This camp is highly recommended to all incoming freshmen/upperclassmen for all sports, especially volleyball players. You will get stronger, faster, and more in shape for the upcoming season. Plus, you will be introduced to some of the coaches and types of lifts/sports drills we do at the high school level. The cost of the camp is \$125 and will run Monday-Thursday June 5th - July 13th. The time frames for camp are from 9:30AM - 11:20AM. If you are taking a summer school class, you can still participate in this camp. If you are going to miss the camp for one week due to vacation, you can still participate in the camp. The registration form can be found online or below on the next page.

***Make sure you have practiced the 20 minute workout (our physical test) a couple of times this summer so you have it down before tryouts in August. It will be the first thing we do at tryouts and all athletes must complete the test to make the program.**

Skills Sessions:

Skills will be attached with SAC Camp ending at 12:00PM Monday – Thursday in Gym 2. **You must participate in SAC in order to do skills.**

Open Gym:

July 18th and 19th from 9 - 11AM in Gym 2

Fish Camp (Incoming 9th Graders):

Dates: July 24th -27th from 10-12:00 pm at Katy High School Gym 2

Freshmen Camp Form needs to be filled out prior to attending along with payment (\$20.00) physical, and online forms. Please make sure have submitted a copy of a utility bill (dated after May 1st) and birth certificate. These items are required to be in Rank One along with the rest of your online forms in order to participate.

Tryouts:

July 31st – August 2nd (with first scrimmage on August 4th at Stratford HS) schedule TBA

August 3th Parent Meeting at 6:30 pm

***Please do not make plans for vacation after July 31st. You will need to be at practice to participate in our scrimmages and matches.**

If you have any questions, please do not hesitate to contact me at karenmpaxton@katyisd.org or call 281-237-1975.

Karen Paxton

Head Volleyball Coach



You've been invited to join

KHS Volleyball

Use your **unique access code** below and follow the instructions.

Access Code

S23A-5VRB

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**



visit us at www.sportsyou.com
or in the app stores





Starting date: June 5th - July 13th

(July 4th make up date: July 7)

MONDAY thru THURSDAY

Student MUST have physical on file

ATTENDANCE NOT REQUIRED FOR SPORT PARTICIPATION

Must be ZONED to attend KHS or KHS feeder.

Cost: \$125.00 payable ONLINE thru Pay-N-Go

KHS Registration & Payment ONLINE thru Pay-N-Go:

<https://katyisd.revtrak.net/khs-strength-and-conditioning-camp>

NAME: _____ GRADE: _____ SCHOOL: _____

Session 1	6:15- 7:15 am	Football Skills Grade 10-12
Session 1	7:30- 9:20 am	Strength & Conditioning Grade 10-12 - ALL MALE/FEMALE SPORTS
Session 2	9:30 -10:30 am	Football Skills Grade 9
Session 2	9:30-11:20	Strength & Conditioning Grade 9 - FEMALE SPORTS ONLY
Session 2	10:30 am -12:20 pm	8th & 9th Grade Strength & Conditioning - MALE SPORTS ONLY
Session 3	1:00 - 3:00 pm	7th Strength & Conditioning-ALL MALE SPORTS and 7th and 8th grade FEMALE SPORTS
Session 3		JR High Skills done on home campus

T-Shirt Size: (Please circle)

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SKILLS SESSIONS - will be set up by the Head Coach of each sport. Strict UIL guidelines will be followed

INCLEMENT WEATHER -camp will be held if at all possible. Weather alerts may cause cancellation of some parts.

The major goal of our summer strength & conditioning camp is to provide our competitive athlete the means by which they develop attitude, work ethic, mental toughness & discipline, thru strength training and conditioning drills.

This is a working camp, horseplay and lack of effort will **NOT** be tolerated. The athletes will be encouraged at all times to do their BEST!!!

Please Bring Hydration & Towel It will be up to each individual athlete to bring hydration and to nourish before beginning of workouts each day.

If you have any questions please contact: Tim Ripperger (281) 237-1918 or email timothysripperger@katyisd.org

We ask all campers and at least one parent join Sports You for daily or weekly updates:



The code is **5C7M-RKRS**
Download app or go to www.sportsyou.com.

Join via Website

New Users

From your computer or phone, go to sportsyou.com
Click Get Your Free Account and enter your email
Go to your email and click Confirm Your Email
Click Enter Access Code to enter code, then finish set up

Existing Users

From your computer or phone, go to sportsyou.com and login
In left column, click Join Team/Group
Click Enter Access Code to enter code

Join via App



New Users

On mobile device download sportsYou app from the App Store (iOS) or Google Play Store (Android)
Tap Create Account or Continue with Google
Tap Enter Access Code to enter code, then finish set up

Existing Users

On mobile device login
In bottom tray, tap Teams/Groups
Tap blue + button, then tap Join Team/Group



FRESHMAN CAMP

Katy High School Volleyball

JULY 24TH - 27TH

10:00 AM - 12:00 PM

Athletes entering 9th grade



SUMMER WORKOUT 20 MINUTE WORKOUTS

The 20 minute workout will be the fitness test that is done at tryouts. This will be the first thing that the upperclassmen and freshmen will do.

****This could be used as a cardio workout. Please do not wait until the end of the summer to practice it at the track by the field house. Do it several times before tryouts with several of your teammates there to help you!!!!****

Freshmen 20 minute workout: Start by 100m mark by scoreboard

1. 30 second quick feet in low volleyball position
2. Run 400M
3. Back pedal width of football field 5 times
4. Broad jump width of football field 1 time
5. Run 200M (end by the ropes)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
6. Run 100M (end by bathrooms)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
7. Run 100M (end by scoreboards)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
8. Run 200M (end by ropes)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
9. Run 100M (end by bathrooms)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
10. Run 100M (end by scoreboards)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
11. Run 200M (end by ropes)
 - 10 shoulder taps in high plank position
 - 20 penguin abs
 - 5 tuck jumps
12. Shuffle width of football field (50M) two times facing the field
13. Sprint 200M

GOAL: UNDER 20 MINUTES!!!!

Katy VB Summer Schedule June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 SAC and Skills	6 SAC and Skills	7 SAC and Skills	8 SAC and Skills	9	10
	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am		
	No Skills this week due to Home of Champions Camp					
11	12 SAC and Skills	13 SAC and Skills	14 SAC and Skills	15 SAC and Skills	16	17
	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am		
18	19 SAC and Skills	20 SAC and Skills	21 SAC and Skills	22 SAC and Skills	23	24
	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am		
25	26 SAC and Skills	27 SAC and Skills	28 SAC and Skills	29 SAC and Skills	Upperclassmen Skills: 6:30-7:30 am (GYM 2) Freshmen Skills: 11:15-12:00 pm (GYM 2)	
	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am	10-12 th : 7:30-9:20 am 9 th : 9:30-11:20 am		

Katy Volleyball Summer Calendar July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	4 NO SAC or Skills HOLIDAY	5 SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	6 SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	7	8
No Skills this week due to floor refinishing						
9	10 SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	11 Skyline Summer League 10-12th SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	12 SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	13 Skyline Summer League 10-12th SAC and Skills <u>10-12th</u> : 7:30-9:20 am <u>9th</u> : 9:30-11:20 am	14	15
16	17	18 Skyline Summer League 10-12th Open Gym 9-11	19 Open Gym 9-11	20 Skyline Summer League 10-12 th	21	22
23	24	25	26	27	28	29
Junior High Camp 7 th and 8 th grade 8-9:30 am Freshmen Camp 9 th grade 10-12 pm Team Camp 10-12 th Skyline Facility 1-3:30 and 5:00-7:30 pm						