



Hello Girls Volleyball Athletes and Parents,

I hope you are looking forward to a great season with the Greer Middle College Volleyball program. If this is your first year, we appreciate you coming out and giving us an opportunity to see what you have to offer to our program. My name is Coach Looper and this is my first season with the Greer Middle College Volleyball program. The coaches within our program are looking forward to creating a valuable experience for your daughter. Aside from coaching volleyball, this will be my 4<sup>th</sup> year as the 9<sup>th</sup> and 10<sup>th</sup> grade school counselor at GMC.

Now for the 2018-2019 season! Tryouts will be July 30<sup>th</sup> – August 3<sup>rd</sup> at Fairview Baptist Church from 3:30-5:30. Friday's tryout will be from 2:30-4:30. When you come to tryouts you should be well prepared physically and mentally.

In order to get ready for tryouts (physically) you should be spending the summer exercising and getting physically ready. You will need to be able to do a variety of conditioning skills and demonstrate a variety of volleyball skills (passing, serving, ball-control, etc.). Mentally you should be ready to show us how you can work as a team and support your fellow athletes and you should be ready to work hard! Attached you will find some suggested summer workout activities.

To try out you must have completed all the paperwork in the Greer Middle College Athletic handbook which can be found on our website ([www.greermiddlecollege.org](http://www.greermiddlecollege.org)). TBA is a day where physicals and the concussion test will be available at GMC.

REMIND CODE: Text @blazervba to 81010

For updates and information sign-up for Remind. As of right now this is the schedule. However, you should sign-up for remind notifier in case something changes. This is how schedule changes and cancellations will be shared.

**Summer Schedule:**

**June-July: Starting June 12<sup>th</sup>:** Every Tuesday and Thursday meeting at Cleveland Park Sand Court from 9:00am- 10:30am. (Not Mandatory)

**July 2-6:** OFF

**July 23-27:** OFF

**July/August: (7/30-8/3): Tryouts!**

Monday-Thursday- 3:30-5:30

Friday- 2:30-4:30

ENJOY YOUR SUMMER!

Sincerely,

Whitney Looper  
Volleyball Coach

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## Summer Conditioning

Start with a proper warm-up before doing any exercise. This will gradually raise the heart rate and loosen the joints and increase blood flow to the muscles. You can do a dynamic warm-up, like we do in practice or you can do a timed warm-up. Aim for a least a 8-10 minute warm-up.

If you do none of the workouts that are listed below, RUN interval sprints!! Interval training is by far the most effective way to increase your energy level and endurance.

If you have a timer, sprint 30 seconds/ recover 30 seconds. (Recover means walk, not sit down) Try and complete 10 sprints.

If you prefer to run without a timer, set up a start/finish line (roughly 50 yards). Sprint to the finish line and your recovery time is the walk back. The longer the sprint, the longer the recovery. As soon as you get back to the start line, start again. Try and complete 10 sprints.

Workout #1  
Warm-up  
15 Squat Jumps  
15 Skater Plyos  
15 Mountain Climbers  
15 Broad Jumps  
15 Squat Jacks  
15 Calf Raises  
15 Core Climbers  
(Repeat 3x)  
Cool down & Stretch

Workout #3  
Warmup  
Run 400m (.25 Mile)  
20 Squats  
15 Pushups  
5 Burpees  
(Repeat 4X)  
Cool down and stretch

Workout #2  
Warm-up  
30 Jumping Jacks  
10 pushups  
30 High Knees  
10 burpees  
30 Glute Bridges  
10 pushups  
30 Squats  
10 burpees  
30 Lunges  
(repeat 3x)  
cool down and stretch

Workout #4  
Warmup  
16 Bicycles  
16 Scissors Legs  
16 Single-Legged Glute Bridge  
16 Supermans  
(Repeat 5X)

\*\*\*\*Work on your plank hold. Try to hold a few seconds longer each time. The goal is a 3 minute hold.