**SPRING/SUMMER 2016**

1**. Physicals** at Clear Springs High School May 14th from 9 am - 1 pm for $25 each.  See attached flyer. This has replaced the doctor who used to come to Lake.  Exams will be performed by Methodist physicians. Clear Lake Athletic Training Dept. gets a portion of the proceeds for each CLHS athlete who gets their physical done there.  You are welcome to use your own physician or a pharmacy with a clinic in it.  The link to the Athletic Form is [http://ccisd.net/common/pages/DisplayFile.aspx?itemId=3025480](http://ccisd.net/common/pages/DisplayFile.aspx?itemId=3025480" \t "_blank)  Turn physical forms into Lake Athletic Trainers, Coach Gleeson or Dana Tegeler, before the end of school. Tip:  Regardless of which physician does your physical, please have your athlete take a picture of it with her cell phone for quick retrieval in the event it gets lost or a trainer isn't around to verify that it is on file.

2. **Strength, Agility and Jump Training with Mark Potter**- $285 per player. 8 week program, Monday through Friday, June 6-July 30th.

Location:  MWF- 43Speed gym: 17317 El Camino.

Location:  T/TH will be outside field days at Dad's Field on Hwy 3 and Pineloch.

Times: JV/Varsity:  9-10:30 am

            Current and Incoming Freshman 11 am-12:30 pm

Register:  [43speed.com](http://43speed.com/%22%20%5Ct%20%22_blank)

3.  **Clear Lake Strength & Conditioning Camp**- This is a less intensive alternative to the training with Mark Potter.

Tentative Location depending on construction: Krueger Field House/Clear Lake High School

Price:  $65 range for 8 week program starting 2nd week in June

We have not received registration information yet for this option.

4.  **Open Gym**- Kruger Field House- Free. 10-12 pm.

June 20,22,27,29

July 11,13,18,20

5.  **Hot N Sweaty** renamed to **Coast Summer League**

Location:  Absolute Volleyball Academy (AVA),451 Spruce St, Dickinson, TX 77539

Price: $50 per player. Includes t-shirt

Times: July 11-15 and July 18-22

    •   Varsity: 2pm-5pm on July 11, 13, 15, 19, 21.  Tournament: Thursday, July 21.

    •   Junior Varsity: 2pm-5pm on July 12, 14, 18, 20, 22.  Tournament: Friday, July 22.

    •   Freshman: 5-8pm on July 11, 13, 15, 19, 21.  Tournament: Thursday, July 21.

Make checks payable to Coast Volleyball.

Registration Form Attached due to Coach Eager by April 29.

6.  **Team Camp at University of Houston**. July 29-30th.

Day Camp Cost: $206.70 per player includes t-shirt , dinner 7/29, lunch 7/30

Overnight Camp Cost: $259.70. includes t-shirt, dinner/7/29. pizza 7/29, breakfast & lunch 7/30

Varsity players will choose the overnight option, but it is encouraged for all Lake volleyball players.

A separate email will be sent with registration information. Our girls will be placed on teams by Lake coaches.  It is important to register on the correct link for your daughter's assigned team.

7.  **Tryouts at Kruger Field House**

August 1st -2nd.

Run the mile 6:45 am August 1st.

Tryouts are free but players must *register online at [clearlakevolleyball.org](http://clearlakevolleyball.org/%22%20%5Ct%20%22_blank).*

You must have an updated physical form on file to try out. Since trainers may not be on track at 6:45 am, have a copy of the signed physical on your athlete's phone.

8.  **Serve It Up Dinner**

Tentatively, August 4th, depending on construction. Alternate date: August 8th

Location:  Clear Lake High School Commons located in Freshmen building.

9. **Program Ads** due August 12th.  More information will be sent on programs soon.  However, for those wanting to get a jump on your ad sales, attached is the updated sales form.