

Lake Travis Volleyball Summer Agenda (updated 5/09)

1. Fill out contact sheet on: www.ltvolleyball.com (forms/flyer)
2. Introduce vb staff, booster board & special guests
3. Booster Board Talk Shop:
 - Kristy- Mission
 - Mindy- Fundraiser and Volunteerism is needed
 - Judy- Wish list & Past Purchases
 - Angie- Community Involvement
 - Parent Mixer Information Save the Date August 3rd - 6pm
4. Tryout Information (MUST HAVES)
 - Must have a physical & LT paperwork turned in (athletic forms)
 - Try-out practice gear- LT Gear, MS gear, any Red/Black/White T-shirt, Black Spandex, Black Cover shorts over spandex, Vb Gear, no club attire or logos
 - Bring a water bottle to all practices
 - Bring completed summer challenge folder (if new to LT or the district please talk to Coach Boren)
 - Arrive 30 minutes before practice to check-in & get mentally prepared
 - We will meet at the round gym for each practice session
 - All practices are closed to the public
 - On Friday we will have individual meetings with each player to let them know what team they made. Once the meeting has concluded, players should exit the gym immediately. Time is limited in week 1; therefore, no parent conferences will be scheduled. Coaches will call parents within 24 hours if your player did not make a team.
5. Tryout Evaluation
 - Athletic Ability- 20 minute workout, speed, power, reaction time, vertical jump, hustle, effort, etc.
 - Skill Technique & Mechanics- evaluate (Passing: rate SR, freeball & defense digs, Setting: location & tempo, Jump Float Serving: speed & location, Hitting: power & location)
 - Ball Handling- Overall Consistency, 1st, 2nd & 3rd contact
 - Judgement & Focus- eye movement, proper calls, making good game time decisions, strategy on the court, competitive nature, following directions
 - Teamwork- Works well with others, has a good rapport, eye contact, communication is positive
 - Important X-Factors: leadership, enthusiasm, effort, hustle, aggressiveness, physicality, chemistry, etc.
6. Week 1 Tryout Schedule is Busy- Get ready
 - August 1st Thursday start day- 2 a-day schedule is attached
 - Varsity & JV returners will have 3 sessions together
 - August 2nd- Team Selections: returners at 10am, Freshman at 1:30pm
 - Saturday Practice- 2 a day practice with all teams 9-12pm & 3-5pm
 - Parent Mixer Saturday Evening- August 3rd

- Mandatory Parent Meeting Sunday Evening- August 4th Freshman & JV 1:00-2:30 Varsity 2:45-3:45 pm
- Media Varsity Only Pictures Sunday
- Monday- Scrimmage at LT 9-3:30pm arrive at 7:45am at LTMS

7. Summer Expectations (9 weeks) (68 days)

- Come in ready to go- that could make a huge difference
- Stay out of trouble- stay busy- avoid boys- remember your athlete handbook code of conduct
- UIL new rule- They are giving us access to our girls for 2 hours a week over the summer. We are only allowed 1 hour a day to train our girls. We will be mixing this in with open gym.
- Summer challenge packet- turn in folder- see examples
- Nutrition is a priority this summer. Please make sure the last 3 weeks of summer girls eat and hydrate to prepare for the upcoming season.
- CAVS Course June 10-July 18th register on Community Programs
- Open Gym Opportunity NO Finalized yet but I will email you these dates
- Beach training (optional) - Project Serve Bobby Jones and his staff-
- Freshman Camp (Incoming Freshman)- July 22nd thru 24th at LTMS (1-4pm) register at community programs
- Team Camp (returners only)- Tonya Johnson coaches July 29th, 30 & 31 (9:00am-12pm, 2pm-5pm) Cost \$150.00 You will register on July 30 starting at 8:15 am please bring cash if possible
- Great Lakes Camp (Sports Performance) <https://greatlakescenter.com/camps/>
- Hill Country Indoor- AIM program
- College Elite Camps- if you are interested in visiting a campus or meeting specific college coaches.
- Club Camps- Look into skill camps that will prepare you for next year.
- Private Coach- Talk to me if you're interested

8. Club Talk

- Challenge yourself, look at coaching/training, evaluate your goals

9. 2019 Schedule

- Game Schedule - not finalized- we will post asap Aug thru November is crazy fun- not like MS
- We practice on Holidays
- We ask our girls to coach LTYA teams
- ACL weekend October 4-6 & October 11-13 (We play Hays on Tuesday 10-8 & Friday, Westlake October 11th & Bowie the 10-15) Do not recommend you spend all weekend at ACL

10. Team Apparel

- Order from the portal Freshman are recommended to wait until you make a team. NO REFUNDS OR REIMBURSEMENTS FOR GEAR IF YOUR PLAYER IS CUT.



High School Contact Information:

Brandace Boren- borenb@ltsd.schools.org

Work # 512-533-6140 Cell # 210-373-9375

Booster Club Officers Contacts

President- Kristy Rioux- president@ltvolleyball.com

Vice President- Angie Wheeler- vicepresident@ltvolleyball.com

Secretary- Mindy Baldwin- secretary@ltvolleyball.com

Treasurer- Judy Jeffery- treasurer@ltvolleyball.com

Save The Dates: (Parents Needed on the following Dates)

August 3rd- Parent Mixer (fun for parents)

August 4th- Parent Meeting (1 parent needs to be present)

Hospitality Room-Help donate food for Home matches this includes scrimmages & tournaments

September 6th- Teacher Appreciation Night (need help decorating and greeting teachers)

September 11th- Homecoming Parade (Help with the team float)

September 14th- LT Sub-Varsity Tournament at all LT Campuses

September 22nd Micro Marathon for CC4C at the Galleria 8:30-12pm

October 1st- Dig Pink Decoration

October 22nd- Senior Breakfast & Senior Night

April 23rd- Volleyball Madness Fundraiser

LTVB Booster Club Mission

Lake Travis Volleyball Booster Club is a dynamic non-profit organization consisting of parents whose purpose is to assist with fundraising opportunities, help manage and distribute funds, promote attendance and spirit at athletic events, provide parent-oriented assistance to the coaching staff, and advocate for our volleyball program in the community.

Here is a list of the items The Booster Club has helped purchase over the years

2016 Wish List Fulfilled Total: 23,708

1. Serve Machine Attack 2- \$ 4,5000.00
2. 3 new net systems in the main gym \$12,000.00
3. Apple Ipads \$ 750.00
4. AVCA Coaches Clinic \$1,020.00
5. Banquet \$4000.00
6. 40 Practice Balls \$1,438.00

2017 Wish List Fulfilled Total: \$68,478.00

1. 2 Sand Courts with 2 sets of bleachers \$ 56, 000.00
2. Locker Room Updates- Varsity, JV & Freshman (new couch, new chairs for team meetings, pillows, rugs) \$ 5,000
3. AVCA Coaches Clinic in Kansas City for 2017 \$ 2040.00 (2 Coaches)
4. Banquet \$4000.00
5. 40 Practice Balls \$1,438.00

2018 Wish List Fulfilled Total: \$23,020

1. Net systems for the back gym \$5,000.00
2. Sand Court Outdoor Equipment \$3,000.00
3. Locker Room TV's \$2,000.00
4. Offseason Equipment \$2,000.00 jump rope, dumbbells for weight room
5. Food for all away meals \$6,000.00
6. AVCA Coaches Clinic for 2018 \$1,020.00 (1 Coach)
7. Banquet \$4,000.00

2019 Wish list Wants & Needs Total: \$21,978.00

1. 40 Practice Balls \$1,438.00
2. Travel Pearland \$5,500.00
3. Sand Fence Around the court \$ 8,000.00
4. Sand Equipment \$1000.00
5. Banquet \$4000.00
6. AVCA Conference 2 Coaches \$2040.00





LAKE TRAVIS VOLLEYBALL



2019 WEEK 1 PRACTICE SCHEDULE

Updated: 5/8/2019

Try-out Information

- Try-out practice gear- LT Gear, MS gear, any Red/Black/White T-shirt, Black Spandex, Black Cover shorts over spandex, Vb Gear, no club attire or logos
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Thursday, August 1

- Varsity/JV 8:00 - 10:30 am & 2:30 - 5:30 pm Practice/Tryouts
- Freshman 11:00 - 1:30 pm Practice/Tryouts
- Seniors (only) 5:30 - 6:30 pm Meeting in Coach's Office

Friday, August 2

- Varsity/JV 8:00 -10:00 am Practice/Tryouts
Varsity/JV Team Selections: 10:00 am
- Freshman 11:00 -1:30 pm Practice/Tryouts
Freshman Team selections: 1:30 pm
- Varsity/JV 3:00 -6:00 pm Practice

Saturday, August 3

- All Teams 9:00 -12:00 pm & 3:00 - 5:00 pm Practice
**** Parent Mixer to Follow 6:00 pm Location TBA**

Sunday, August 4

MANDATORY- Freshman & JV Parent Meeting 1:00-2:30pm (Bring 2 check or cash for LTHS payments like season meals & equipment- Booster membership & sponsorships can take credit cards, cash or checks)

MANDATORY- Varsity Parent Meeting 2:45-4:00pm (Bring 2 check or cash for LTHS payments like season meals & equipment- Booster membership & sponsorships can take credit cards, cash or checks)

- Varsity **Media Night (Location & Time- TBA)**

Monday, August 5

- All Teams 9:00 -5:00 pm Scrimmage at Lake Travis (Arrive at 7:45 am)

Tuesday, August 6

- All Teams Picture Media Day 9:00 -11:00 Beat Antonian Home Games
- JV & Freshman Red 12:00pm Varsity & Freshman Black 2:00 pm



SAVE THE DATES



AUGUST 3RD

Parent Mixer
fun for the parents!

AUGUST 4TH

Parent Meeting
at least 1 must attend

SEPTEMBER 6TH

Teacher Appreciation Night
decorating & food for teachers

SEPTEMBER 11TH

Homecoming Parade
help with team float

SEPTEMBER 14TH

LT Sub-Varsity Tournament
all LT campuses

SEPTEMBER 22ND

CC4C Micro-marathon
galleria 8:30 - 12:00 pm

OCTOBER 1ST

Dig Pink Home Game
decorating

OCTOBER 22ND

Senior Breakfast & Night
food, decorations

APRIL 23RD

Volleyball Madness
our biggest fundraiser

**HOSPITALITY
ROOM**

All Home Games
donate food

LAKE TRAVIS VOLLEYBALL SUMMER CHALLENGES

Each player in the Lake Travis volleyball program is very important to the success of our 2019 season. To stay in the best shape during the 9 weeks of summer it is vital to continue to train and be prepared for tryouts. We understand a break is needed for each player so we have designated the week of July 5th to start our challenge program. This is 4 weeks until our season begins and we feel like having an accountability system works best with our girls and helps us stay connected throughout the summer break. Listed below are challenges to keep your conditioning, strength, mental game and community involvement up to our standards of excellence. Each girl will need to complete each challenge and turn in a pocket folder with all the necessary items.

CHALLENGE 1: #HEALTHY-EATING

GOALS: Keep your nutrition in the back of your mind at all times this summer. Fill up on fruits & veggies, always stay hydrated, start every day with breakfast, think lean protein, eat often, and always rest and recover!

Assignment:

Starting after July 5th, start tracking what you are consuming. You will fill out the log sheets provided on your own and record your meals, snacks, and water consumption. You can track on a food app like myfitnesspal or myplate or track on the provided food journal sheets. Do NOT worry about calories just try to eat as clean as possible.

Basic principles of eating clean: eat whole foods, avoid processed foods, eliminate/minimize refined sugars, eat five or six meals a day, cook your own meals, and combine protein with carbs.

Accountability groups should encourage each other each week and hold each other accountable for these nutrition goals. Share your log with your partner when you talk each week. *Bring your completed log/journal to tryouts.*

WEBSITE FOR FOOD INSPIRATION ON WHAT AN ATHLETE SHOULD BE EATING:

<http://www.loanh.org/for-student-athletes/weekly-meal-plans/>

CHALLENGE 2: #STAY-ACTIVE

GOALS: Workout at least 4+ days out of the week, if you're on vacation try to work-out when you can, it is all about balance. You can log your training minutes through a phone app like MyFitnessPal, your apple watch tracker, etc. Each girl should add your accountability group to the app to help keep you on track. Your workouts can be after/ after workouts, practices, clinics, Cavs course training, etc. Make sure to interval train and do not just go for long jogs. Long jogs will lean you up but it could slow your reaction time down.

Assignment: You will be given a workout log to keep track of how many days you worked out. At the end of each week players will write a summary to indicate what activities they did, what goals they accomplished, struggles they faced, etc.

Lake Travis Volleyball Tips:

- 1) When you have a day you cannot work out, try to eat a little cleaner
- 2) Find fun activities that require physical activity For example: hiking, safe water activities, goat yoga, bike riding, etc.

CHALLENGE 3: #20-MINUTE-WORKOUT

GOALS: Prepare for the 20 minute workout. Goal for returners is under 18:30. Freshman must complete the modified version within 20 minutes.

Assignment: Attempt the 20 minute workout as many times possible so that you are prepared on try-out day to perform. Make sure to record your attempts and times over the course of the summer on your on the workout log.

CHALLENGE 4: #PLANK-SERIES

GOALS: By the end of the summer, come into season with a strong core to help perform your very best.

Assignment: 2 min Plank Series: Hold a plank for 30 seconds, then lift your right arm out for 10 sec, switch to your left arm for 10 sec, switch to the right leg 10 sec, then left leg 10 sec, now lift left leg & right arm 10 sec, switch to right leg & left arm 10 sec, & return to full plank 30 sec.

Training: Do not do abdominal exercises on consecutive days. These muscles, like every muscle in your body, need 48-72 hours to rest and recover. Keep adding additional abdominal exercises to develop all your core muscles and make the plank pose that much easier. www.randomabs.com

Lake Travis Volleyball Tips:

- 1) Work the different sections of your abdominal areas. (upper, lower, sides, obliques)
- 2) Make sure to incorporate back and balance exercises
- 3) Use a stability ball to maximize results.

CHALLENGE 5: #AGILITY

GOALS: Increase agility to become quicker, faster, and stronger in your movements on the court.

Assignment: Mark off an area the size of one side of a normal volleyball court (30 x 30). Place one marker (tape) in the center of the court. Place a marker (tape) at every corner and at the halfway point of every sideline/end line/middle line. There should be 8 spots marked and a middle spot. Shuffle as quickly as you can to each marker and back to the middle, touching the marker with your outside foot closest to the marker. Stay low and shuffle with either foot forward. Shuffle to each position and back as quickly as you can. You will need to complete this exercise 4 times in a row, with each set performed in 34 seconds and under, with 34 second rest intervals between each set.

Training: Test yourself weekly. Perform a variety of agility drills, including jump roping, single leg quickness drills, the dot drill, the ladder, shuffling, etc. Perform all drills for speed.

CHALLENGE 6: #6-4-6

GOALS: Practice the 6-4-6 and other spring training 3 times a week to become more explosive and prepared for August 1st!

Assignment: You will be completing the 6-4-6 in the gym on the basketball court from end line to end line. You will sprint 6 times, shuffle 4 times, and sprint 6 times (one sprint is considered from one end line to the other end line/not down and back).

You must complete the 6-4-6 in a time of RETURNERS=2:15, INCOMING=2:20.

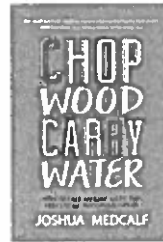
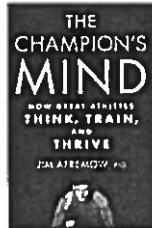
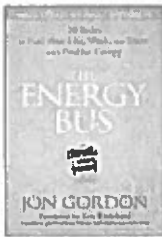


CHALLENGE 7: #PERSONAL-DEVELOPMENT

GOALS: Dig deeper into the student-athlete you want to be. Read one of the assigned books below to further develop yourself as a person, player, and student. This is made to mentally prepare for volleyball season and expand your thought process. We have offered multiple options for whichever aspect of your game you would like to improve.

Assignment: Pick one of the books listed below (freshmen **MUST** read *The Energy Bus*). At the end of each chapter, list 3 things that stuck out to you. After the book is completed, summarize what you learned and how you are ready to implement those things into the LT volleyball program.

- Incoming Freshman: *The Energy Bus*
- Returners: Pick the book on a topic you feel could help you this season. If you have already read one of these books please pick another.
- Mental Toughness: *Mind Gym* or *The Champion's Mind*
- Leadership: *The Power of a Positive Leadership*
- Reaching Peak Performance: *The 12 pillars of Peak Performance*
- Falling in love with the process: *Chop Wood Carry Water*
- *Extreme Ownership: US Navy Seals*
- *Mindset: How we can learn to fulfill our potential*



CHALLENGE 8: #SELF-REFLECTION

GOALS: Be honest about what you want to get out of the season and how to make the season be as successful as possible based on your individual contributions.

Assignment: You will need to write a letter of recommendation for yourself. Include details that address your goals, what you can bring to the team, and what your strength and weaknesses are. Below are some specific questions based on the number of years you have played that need to be answered:

1. **FRESHMEN:** Why do you want to be a part of the LTVB program? What talents and gifts will you bring to the program and how will you implement them to help our program? What do you want to get out of the freshman season?
2. **SOPHOMORES:** You are now a returner. How will your contributions be different than last year? What role do you see yourself playing for this team? How have you grown since freshman year?
3. **JUNIORS:** You are now becoming the face of the LTVB program. What leadership skills have you developed that will help you lead our program with success. How will you take all you've learned and apply it to leading the underclassmen?
4. **SENIORS:** You are now the leader of the LTVB program. How do you see yourself in this leadership role? How will you plan to role model your leadership effectiveness to the underclassman? What type of legacy do you want to leave?

LAKE TRAVIS VOLLEYBALL

20 MINUTE WORKOUT

Varsity and JV

Hop Continuous

90 sec

1. Run 400
2. Backward run 6x width of football field
3. Leap frogs 1x width of the field
4. Run back to start 50 jump ropes
5. 10 push ups
6. Run a 200
7. 10 push ups
8. Run a 200
9. 10 push ups
10. Run a 200
11. 10 push ups
12. Run a 200
13. 10 push ups
14. Run a 200
15. 10 Push Ups
16. 5x width of football field
17. Run a 300 – FINISH!

INCOMING FRESHMAN

90 sec

- Run 400 3:00 (goal)
- Backward run 4x width of the football field
1x width of the field
50 jump ropes
10 Push ups
Run a 200
10 Push ups
Run a 200
10 Push ups
Run a 200
10 Push ups
300 yard run-FINISH!



LAKE TRAVIS VOLLEYBALL EQUIPMENT

VARSITY	JUNIOR VARSITY	FRESHMAN
SHORT SLEEVE PRACTICE SHIRT- IF NEEDED SAME AS LAST YEARS	SHORT SLEEVE PRACTICE SHIRT- IF NEEDED SAME AS LAST YEARS	SHORT SLEEVE PRACTICE SHIRT
UA GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS	UA GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS	UA GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS
COVER SHORTS UA- THESE ARE FOR GAMES AND PRACTICE	COVER SHORTS UA- THESE ARE FOR GAMES AND PRACTICE	COVER SHORTS UA- THESE ARE FOR GAMES AND PRACTICE
KNEEPADS UA	KNEEPADS UA	KNEEPADS UA
LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR	LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR	LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR
UA SHOES- LOW OR HIGH TOP DOESN'T MATTER (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP)	UA SHOES- (OPTIONAL- MUST BE BLACK) LOW OR HIGH TOP (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP)	UA SHOES-(OPTIONAL- MUST BE BLACK) LOW OR HIGH TOP (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP)
SOCKS (OPTIONAL) BLACK SOCKS ARE REQUIRED	SOCKS (OPTIONAL) BLACK SOCKS ARE REQUIRED	SOCKS (OPTIONAL) BLACK SOCKS ARE REQUIRED
UA BACKPACK (OPTIONAL)	UA BACKPACK (OPTIONAL)	UA BACKPACK (OPTIONAL)
SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. VARSITY WARMUP LONG SLEEVE 2. PROGRAM SHIRT 3. COMFORT COLOR (OPTIONAL) 4. DIG PINK TSHIRT (OPTIONAL) 5. PLAYOFF SHIRT 6. BOOTCAMP SHIRT SPRING 	SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. PROGRAM SHIRT 2. COMFORT COLOR (OPTIONAL) 3. PLAYOFF SHIRT (OPTIONAL) 4. DIG PINK TSHIRT (OPTIONAL) 5. BOOTCAMP SHIRT SPRING 	SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. PROGRAM SHIRT 2. COMFORT COLOR (OPTIONAL) 3. PLAYOFF SHIRT (OPTIONAL) 4. DIG PINK TSHIRT (OPTIONAL) 5. BOOTCAMP SHIRT SPRING
OTHER ITEMS AVAILABLE (NOT REQUIRED): <ol style="list-style-type: none"> 1. HEADBAND 2. WOMENS ZINGER PULLOVER 3. LEGGINGS 	OTHER ITEMS AVAILABLE (NOT REQUIRED): <ol style="list-style-type: none"> 1. HEADBAND 2. WOMENS ZINGER PULLOVER 3. LEGGINGS 	OTHER ITEMS AVAILABLE (NOT REQUIRED): <ol style="list-style-type: none"> 1. HEADBAND 2. WOMENS ZINGER PULLOVER 3. LEGGINGS





Returning Varsity ONLY



Lake Travis Volleyball 2019

1. Absolutely NO orders will be accepted after the sale has closed. No exceptions.
2. To ensure your order has been successfully placed, please check for a confirmation email upon completing your order. If you do not receive a confirmation email, please contact Athletic Supply immediately to ensure your order is placed.
3. All items that are printed or embroidered with a school logo are considered custom, therefore we cannot accept refunds or exchanges on these items.
4. In order to get you the discounted prices we have, we must consider this a group order. Therefore, all items will only be ordered at the closing date of the sale. Items will then be printed, if needed and sorted by individual order.
5. All orders will be delivered to the Coach at the school.

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://ltvb19.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Thursday July 4th, 2019 (11:59pm CDT)

Under Women's
Armour Highlight Ace
2.0



\$82.00

Under Women's
Armour Block City 2.0



\$74.00

Under Armour
Women's On The
Court 4" Volleyball
Shorts



\$19.50

Under Armour
Women's Game Time
Short



\$24.00

Under Armour Team
Hustle 3.0 Backpack



\$44.00

Under Armour 2.0
Knee Pads



\$16.50

Under Armour Men's
Team Crew



2 Colors

\$7.00

No Refunds No Reimbursements

powered by



ORDERMYGEAR

Questions?

Chris Wilde

855-790-8326

athleticssupply@ordermygear.com

JV #
* Freshman should wait until 1 Aug 2nd