

Hello Lady Falcons!

It's VOLLEYBALL CAMP & TRYOUT TIME!!! If you have any interest in being part of the UFCA Volleyball program, now is the time to act. Below is the information you need to get involved.

Middle School (grades 5-8)

Camp:

Our *Intro to Volleyball* Camp will be open to all those who would like to participate; even if you do not try out for our Middle School Volleyball team. The camp dates are 7/31 – 8/3. It will be held from 3:00 – 4:30pm each afternoon. *The cost is \$75 per player due the first day of camp.* This camp will focus on teaching the fundamentals of volleyball. It will be a fun time of learning from one of the Master coaches from *Carolina Union Volleyball Club*. We will be in the UFCA gym for all activities. Please, enter through the door closest to the back parking lot. If you have not yet registered for this camp, please, email chad.vought@ufca.org with your name, phone number and players name & grade.

Start of practice:

The Middle school team will begin practicing with Coach Nick Parker on 8/7 at 3 – 4:30pm. We are hoping for a lot of participation and fun for our middle school girls. Therefore, if you want to play volleyball, simply come to practice each day. **The girls will need to provide their completed physical form at the beginning of practice on 8/7** (link provided here [UFCA Physical Form](#)). We will be in the UFCA gym for all activities. Please, enter through the door closest to the back parking lot.

JV and Varsity (grades 9 -12)

The High School Girls Volleyball Tryouts are part of our Training Camp. Therefore, this camp is only for UFCA students seeking to play on the Varsity or JV volleyball team. The camp dates are 7/31 – 8/3. It will be held from 6-9pm each evening. *The cost for the camp is \$100 per player due the first day of camp.* This camp is required for those wanting to play on varsity and strongly encouraged for those looking to make the JV team. Since this is the beginning of our season, **the girls will need to provide their completed physical form at the beginning of the camp on 7/31** (link provided here [UFCA Physical Form](#)). The girls will learn our approach to serving, offense, and defense. We will train how to perform the skills necessary to compete at a high level. We will be in the UFCA gym for all these activities. Please, enter through the door closest to the back parking lot. Again, this is the beginning of our season, therefore, our normal practice [Schedule](#) will begin the following week. If you have not yet registered for this camp, please, email chad.vought@ufca.org with your name, phone number and players name & grade.

After this camp is complete, the team assignments will be communicated by or before the end of the evening on 8/3. The Varsity will go on their annual retreat from 8/4 – 8/6. That information will be sent separately to the girls that make the varsity team.

Here is the link to our [Schedule](#) for both Upper and Middle school volleyball.

Here is the link to our Volleyball page for any additional info you may need:
<http://ufca.org/jvvarsity-girls-volleyball/>

Do not hesitate to email Coach Vought with any and all questions that you may have.

I look forward to getting this season started.

Chad Vought
Head Volleyball Coach
UFCA Falcons
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