

VOLLEYBALL SUMMER WORKOUT

Jr. A Girls Volleyball

Dear Players and Parents,

I'm excited to share some information regarding tryouts and what you can expect if you play for the Jr. A team for the 2025 season. This season will be all about growth, teamwork, and giving our best—on and off the court.

Meet Your Coach

My name is Jennette Rude, and I'm proud to be your head coach this season. I'm a certified Level 1 NCCP coach in both theory and skills, and I've had the opportunity to coach at a variety of levels over the years, including:

- Leading the Fort Macleod Jr. Girls to a league championship
- Coaching the St. Dominic's Sr. Girls, where we hosted Provincials
- Co-coaching the U16 Queens Club Team alongside my husband

As an athlete, I competed at Provincials in Grades 11 and 12 (winning in Grade 12!), played on scholarship in North Dakota (cut short due to an ACL injury), and later continued my post-secondary career at Medicine Hat College. Volleyball has been a major part of my life, and I'm passionate about passing that on to the next generation.

Introducing Miss Chey Cocke (Soon to Be Mrs. Pols!)

Our assistant coach this year is Miss Chey Cocke, who will bring a strong athletic background and great energy to our practices and games. She'll be a fantastic support to our team and a great mentor for the girls.

Tryout Dates

All interested players are invited to tryouts:

- Wednesday, September 3 | 3:30–5:00 PM Large Gym
- Friday, September 5 | 3:30–5:00 PM Small Gym

We're looking for effort, attitude, and coach-ability—not just skill. So bring your hustle, a positive mindset, and be ready to learn.

Practice & Game Schedule

Once the team is selected, our regular season schedule will include:

- Practices: Mondays & Wednesdays 3:30-5:00
- A possible third weekly practice, depending on gym availability
- League games: 1 per week
- Tournaments: 3–4 throughout the season, including our home tournament

During busy weeks, players may have up to 5 volleyball commitments, so time management and dedication are key!

What We'll Focus On

This season, we'll be working hard on:

- Skill development
- Team play and communication
- On-court leadership and decision-making

While we aim to involve all players in games, equal playing time is not guaranteed. Attendance at practice is extremely important to go through our on court systems and plays.

Be Ready to Compete

Junior A volleyball is a step up in terms of pace, intensity, and responsibility. Players should come in with a solid fitness base to help prevent injury and keep energy high throughout the season.

- Matches are best-of-five sets
- Tournaments may include 6–8 games in a weekend
- A summer workout plan is attached to help players get prepared

Starting the season strong means putting in a bit of work before we even hit the court.

Let's Stay Connected

If you have any questions before tryouts—or anytime during the season—please don't hesitate to reach out. I'm excited to get started and am confident we're going to build something great together.

Here's to a competitive, fun, and rewarding volleyball season!

Warmly,

Jennette Rude

Head Coach – Jr. A Girls Volleyball

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VOLLEYBALL SUMMER WORKOUT

Day 1 (Should take 20 mins or less)

- Skipping 100 reps
- Run in place 45 seconds

Complete exercise as fast as you can taking minimal rest

- Push-ups 5 reps
- Side Lunge 10 reps per side
- Tricep Dip 10 reps use a chair or couch
- Side shuffle 10 seconds
- Burpees 5 reps
- Calf Raise 10 reps
- Back Pedal 10 seconds
- Sit up 15 reps
- Wall block jumps 10 reps
- Squats 20 reps

Rest for 1 min then repeat go through 3 times

- Arm Circles 40 secs both directions

Day 2 (should take 20-30 mins)

- Pogo Hops 100 reps (quick pop hops on your toes)

- Inch Worms 5 reps
- Step Ups 10 reps

Repeat 3 times

- Plank 30 seconds

- Jump Squats 10 reps
- Cross Overs 15 seconds

Repeat 3 times

- Wall Sit 1 minute

- Mountain Climbers 20 reps
- Broad Jumps 10 reps

Repeat 3 times

- High Knees 45 seconds

- Attack Approach 10 reps per leg (left right left foot (for right handed) or right left right footwork (for left handed)-jump-knee tracking hand up and make hitting hand come around. In addition you can use a pair of socks to really work on flicking your wrist. The flick of the wrist adds power to your hit.

Complete each workout at least once week. Once or twice a week go for a 1 km run. If you prefer go for a 20 min bike or scooter (non electric) to work on endurance.