

PALISADE HIGH SCHOOL SUMMER VOLLEYBALL REGISTRATION

NAME _____ PHONE NUMBER () _____

ADDRESS _____

Street _____ city _____ zip code _____

E-MAIL _____

GRADE IN SCHOOL IN FALL 2019 (please circle) 9 10 11 12

T-SHIRT SIZE (please circle) Adult Sizes XS S M L XL

*****SEE SUMMER NEWSLETTER FOR COMPLETE DETAILS*****

CHECK THE DESIRED OPTION:

_____ **OPTION 1 (Cost: Free)**
Includes: **Open Gym** see summer newsletter for dates/times

_____ **OPTION 2 (Cost: \$50)**
Includes: **Open Gym** see summer newsletter for dates/times
 Mini Camp August 5-8 (Monday-Thursday \$50)

_____ **OPTION 3 (Cost: \$135) RETURNING PLAYERS**
Includes: **Open Gym** see summer newsletter for dates/times
 Jump Start Camp June 7 (featuring Tom Hilbert \$85)
 Mini Camp August 5-8 (Monday-Thursday \$50)

_____ **OPTION 4 (Cost: \$425) AVAILABLE BY INVITATION ONLY**
Includes: **Open Gym** see summer newsletter for dates/times
 Jump Start Camp June 7 (featuring Tom Hilbert \$85)
 CSU Team Camp July 27-July 29 (Friday-Monday \$290 plus food/transportation)
 Mini Camp August 5-8 (Monday-Thursday \$50)

Please register by submitting this form and payment to the Palisade High School office by May 10

Checks may be made payable to *Palisade High School* and mailed to:

Palisade High School--Attn: Volleyball
3679 G Road
Palisade, CO 81526

I hereby request that you accept this application for enrollment of my child in the Palisade High School Summer Volleyball Program and its activities. In so signing, I will hereby release School District #51, and all of its employees from all claims on account of injuries which may be sustained by our daughter while attending this camp. We also agree to indemnify School District #51 and its employees of any claim which may hereafter be presented by our minor daughter as a result of such injuries.

Parent/Guardian Signature _____

Emergency Phone: _____

Coach MacAskill may be reached palrocksvb@yahoo.com or 970-216-6197



PALISADE

Meet the Coach

Wendy MacAskill returns for her 19th season with the Palisade High School volleyball program, the last twelve as the head coach. Her coaching career spans 24 years and includes coaching at the college, high school and club levels as well as being a camp coach for several universities in the country. Wendy is accredited at the CAP II level with USA Volleyball. She has worked as a USA Volleyball High Performance tryout coach. She was selected as a coach for the CHSAA All-State Games in 2009, 2012 and 2017 and the CCGS All-State Games in 2018. She was also voted the 2011, 2012 and 2016 4A Western Slope League Coach of the Year as well as a CHSAA/IBM High School Hero in 2012. Wendy, a California native, played high school and club volleyball in California. She also lettered in basketball and swimming and since graduating, has been inducted into her high school's Wall of Fame. Wendy continued her volleyball career at Colorado State University, an NCAA division I school, where she was a four year letter-winner and an academic all-conference player and academic all-American nominee. While at Colorado State University, Wendy earned a Bachelor of Science degree in Biological Science with an Anatomy and Neurobiology minor. After graduating, she attended Western University of Health Sciences in Pomona, California and acquired a Masters degree in Physical Therapy. She also maintains her status as a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association. She currently works part time as a physical therapist at St. Mary's Life Center. She is married and has three daughters.



Youth Camps Volunteers Needed

Palisade volleyball is proud to conduct two youth volleyball camps. These camps serve as fundraisers for the volleyball program as well as help provide a service to our community by coaching youth players in the valley. All returning Palisade players are expected to help coach at the following camps. Please make arrangements to attend.

-Holy Family Catholic School - May 6-9 (Monday-Thursday) 3:00-5:30 p.m.

-Mini Bulldog Camp - June 4 - June 6 (Tuesday-Thursday) 1:00-4:30 p.m.

Please sign up at <https://www.signupgenius.com/go/30e044caca829a6fb6-holy>

All spaces listed must be filled to cover camp hours. If all spaces are filled, you may come at any time to help and do not need to sign up.

BEAT THE RUSH...REGISTER ONLINE, SUBMIT YOUR PHYSICAL AND ATHLETIC FEE BY JULY 29TH TO BE CLEARED TO PARTICIPATE IN TRYOUTS



If you need more information or have questions, please contact Wendy MacAskill at palrocksvb@yahoo.com or 970-216-6197



Palisade High School

Bulldog Volleyball

Summer and Preseason

March, 2019



*Mark
your
calendar!*

- **May 6 - 9**
Holy Family
Volleyball Camp
- **June 4 - June 6**
Mini Bulldog
Youth Camp
- **June 5**
Dining at Dos
Fundraiser
- **June 7**
High School Jump
Start Camp
- **July 3**
Dining at Dos
Fundraiser
- **July 27 - July 29**
CSU Team Camp
- **July 29**
Paperwork and
physicals due
- **August 5-8**
Pre-Season Camp
- **August 7**
Dining at Dos
Fundraiser
- **August 12**
Tryouts/beginning of
high school season

PHS Volleyball: Rich in Tradition

Training to win...Coaching beyond the gym

Since the inception of the Palisade Volleyball program, the Bulldogs have twice advanced to state playoffs. Palisade has finished top three in league 20 of the last 26 seasons, including a league championship in 2018 and back-to-back League Championships in 2011 and 2012! This is quite an accomplishment, as our league boasts two state champion teams, three runners up and multiple state qualifiers in the past twenty years. Palisade has qualified for post season 16 of the last 18 seasons. More importantly, the Palisade volleyball team finished the season with the highest team GPA in the state in 2004 and again in 2015 and finished as the runner up in 2016.

The success of Palisade's volleyball program is evident by several all-state and all-league players, as well alumnae advancing to compete at the NCAA division I, II and III collegiate levels. Below is a list of notable alums and where they continued their volleyball careers.

*Alexandra MacAskill ('19) - Adams State University
Reannon Baskin ('18) - Adams State University
Emily Tucker ('18) - Colorado Mesa University
Alyssa Chutka ('15) - Colorado Mesa University
Nicole Herod ('14) - CO Northwestern Community College
Audrey Steinkirchner ('12) - Colorado Mesa University
Bernadette Pitre ('08) - CSU Pueblo
Jessica Hellmann ('07) - Air Force Academy
Meagan Bosch ('07) - Mesa State College
Kirstie Bunting ('07) - Colorado School of Mines
Chelsey Jones ('07) - Colorado Northwestern
Kaity Edmiston ('06) - Colorado School of Mines
Kaela Hellmann ('05) - St. Mary's Notre Dame
Terra Wishon ('04) - Colorado College
Shae Arnett ('04) - Colorado Christian
Sara Rickard ('03) - Colorado School of Mines
Kim Schroeder ('03) - Mesa State College
Heather Yutzky ('02) - Otero Junior College
Amy Collard ('00) - Otero Junior College
Ann Ludlam ('98) - Otero Junior College/Fort Lewis
Sarah Lewis ('97) - Mesa State College*



JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Mini Bulldog Camp (grades K-8) 1:00 - 4:30 VB 4:30-5:30 pm	5 Dining at Dos	6 1:00 - 4:30 VB 4:30-5:30 pm	7 Jump Start Camp	8
9	10	11 VB 3:00-5:30 pm	12	13 VB 3:00-5:30 pm Returners Only	14	15
16	17	18 VB 3:00-5:30 pm	19	20 VB 3:00-5:30 pm Returners Only	21	22
23	24	25 VB 3:00-5:30 pm	26	27	28	29

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2 VB 3:00-5:30 pm	3 Dining at Dos	4	5	6
7	8	9 VB 3:00-5:30 pm	10	11 VB 3:00-5:30 pm Returners Only	12	13
14	15	16 VB 3:00-5:30 pm	17	18 VB 3:00-5:30 pm Returners Only	19	20
21	22	23 VB 3:00-5:30 pm	24	25	26 CSU Camp	27

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July	July 29	July 30	July 31	1	2	3
4	5	6	7 Dining at Dos	8	9	10
	Pre-Season Mini Camp 3:00-6:00 PM					
11	12	13	14	15	16	17
	Tryouts and in season practices begin 3:30-6:30 PM					

Dear Volleyball Parents and Players,
 Summer is just around the corner and marks the beginning of our 2019 season. We are excited to get back to work to defend our league championship from last season. Our coaches have been busy preparing for this summer and ask that our athletes continue their preparations as well. Mental preparation comes with continued focus in the classroom as the academic year draws to a close. Physical preparation will allow our athletes to compete at a high level at the beginning and throughout our season. Emotional preparation will be accomplished by adequate rest during the summer. We rely on each player's parents for support and involvement and appreciate help balancing family commitments with those of your daughter's commitments to her team. It is through hard work by all that we will accomplish our goals... **TOGETHER!**

PHS Volleyball Camp Featuring Tom Hilbert

This year we are excited to spend a day with Colorado State University's head women's volleyball coach, Tom Hilbert. Colorado State Volleyball has earned a berth to the NCAA tournament 24 seasons in a row. They have also won 15 Mountain West Conference titles, including eight in the last nine years. Coach Hilbert has amassed a career record of 735-206 (.781). We are excited to welcome him to our camp.

When: Friday, June 7 Cost: \$85
Time: 9:00-11:30 AM & 1:00-3:30 PM

Dining at Dos

All returners please sign up to help at our Dining at Dos fundraiser. Also, please mark your calendars to eat out to support Palisade VB on these dates.
<https://www.signupgenius.com/go/30e044caca829a6fb6-socalsummer>
When: June 5, July 3, August 7

Open Gyms

Anyone attending Palisade High School next fall can attend open gyms. All open gyms will be formatted to work on agility, conditioning, plyometrics and injury prevention, as well as skill instruction and play. It is strongly encouraged for girls interested in participating in the high school season to attend. Fitness preparation during the summer is crucial to a successful season, therefore, physical readiness will be a component which is scored and evaluated at tryouts.

CSU Team Camp

Attendance at team camp at Colorado State University in Fort Collins will be by invitation only.

Mini Camp

Any girl attending Palisade High School is welcome to attend Mini Camp. This camp will thoroughly review the fundamentals of volleyball and also cover advanced volleyball techniques with a special emphasis on performing these skills in a competitive scenario. You must register and submit a physical online and turn in the athletic and camp fees to the office before you are allowed to participate.

When: Monday-Thursday, August 5-8
Time: 3:00-6:00 p.m. Cost: \$50

Team Tryouts

Tryouts are scheduled August 12th-14th from 3:30-6:30 PM. A two tier cut system may be utilized to form our teams. After the final session on Wednesday, each player will be met with individually to discuss her placement on a team. Tryouts will continue, if needed, on August 15 and August 16 from 3:30-6:30 PM. If second cuts are necessary, players will be met with individually on Friday. You must register and submit a physical online and turn in the athletic fee to the office before you are allowed to participate.