



**Chisholm Trail Volleyball**  
**Important Summer Information 2023**

# Coaching Staff

- Janine Smith– Varsity Head Coach
  - [jsmith@ems-isd.net](mailto:jsmith@ems-isd.net)
- Bill Tippett– Assistant Coach
  - [wtippett@ems-isd.net](mailto:wtippett@ems-isd.net)
- Haley Lancaster– Assistant Coach
  - [hlancaster@ems-isd.net](mailto:hlancaster@ems-isd.net)
- Lindsey Mercer– Assistant Coach
  - [lmercer@ems-isd.net](mailto:lmercer@ems-isd.net)

# Getting Ready for Tryouts

- Physicals
- Summer Conditioning
- Summer Camp
- Summer League

# Physicals

- Every athlete needs a current physical on file at Chisholm Trail High School before you can participate in tryouts. Earliest Date on physical to deem current is May 1<sup>st</sup>

**CTHS Physical Date is 13<sup>th</sup> 8a-12 noon...Sign up with Trainers**

## **WHO NEEDS A PHYSICAL?**

- ALL INCOMING and RETURNING PLAYERS
- You will need PHYSICAL, MEDICAL HISTORY FORM, AND ALL RANKONE ELECTRONIC FORMS COMPLETED BEFORE YOU TRYOUT
  
- **ALL ATHLETES MUST COMPLETE ONLINE REGISTRATION**
- [HTTP://WWW.RANKONESPORT.COM](http://www.rankonesport.com)
  
- **Information on Student Accident insurance can be found here:**
- <https://www.emsisd.com/Page/35230>

# Summer Conditioning

- **Volleyball Conditioning**

- Offered at Chisholm Trail High School
- Training WEIGHTS AND CONDITIONING/SKILL TRAINING CAMP  
CTHS GYM
- Dates/Time: Starting May 30<sup>th</sup>
- Monday -Thursday
- 8:00-11:00
  
- This camp is going to be run by CTHS/EMSISD Coaches. In order to participate you need to fill out form

# Summer Weight/Conditioning/Skill Training



## Chisholm Trail High School

### Summer Weight and Conditioning

Weights and Conditioning/Skill Training facilitated by CTHS Coaches

**Volleyball starts May 30<sup>th</sup>**

**Mon-Thurs 8:00-11:00am**

**Weight and Conditioning will be for 2 hours**

**Skill Training will be for 1 hour**

Directing the Chisholm Trail Summer Weight and Conditioning Camps will be the Head and Assistant Volleyball Coaches.

**This training is in preparation for Volleyball tryouts which will be held July 31<sup>st</sup>**

*Please return this entire form for registration. Incoming 9<sup>th</sup>-12<sup>th</sup> grade*

**Participant's Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_/\_\_\_/\_\_\_ **Grade in the Fall 2022:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

**School you currently attend:** \_\_\_\_\_ **School you will attend in the Fall:** \_\_\_\_\_

**Parent/Legal Guardian Information:**

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Email address:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**In Case of Emergency, please contact:**

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Contact Phone Number:** \_\_\_\_\_

**Liability Waiver:** I/We, the undersigned parent/legal guardian, give permission for \_\_\_\_\_ to participate in the **CTHS Weights and Conditioning Camp**. I/We understand that EMS ISD, its employees or anyone acting on its behalf, will not be held liable or responsible for personal injuries and property damage or loss of any kind which may occur during the camp. I/We also give permission for any emergency medical care or treatment by a physician, surgeon, hospital or medical care facility that may be required. The above foregoing release has been read and understood by the undersigned.

**Parent/Legal Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# Summer Camp

- **Grades 1-8 and**
- **Incoming 9<sup>th</sup> Graders**
  - Held at Chisholm High School

## **Chisholm Trail**

Volleyball Camp

**June 12-14, 2023**

**Chisholm Trail High School**

### **SESSION I**

**Incoming Grades 1-4**

**8:30 a.m. – 10:00 a.m.**

**\$65**

### **SESSION II**

**Incoming Grades 5-7**

**10:00 a.m. – 12:00 p.m.**

**\$65**

### **SESSION III**

**Incoming Grade 8-9**

**12 p.m. - 2 p.m.**

**\$65**

- **Cost: \$65/player**
- **Online Registration (District Website)**
- <https://emsisd.revtrak.net>

# Team Competitive/Summer Camp



July 26-27

Incoming 9<sup>th</sup> 4-5:30

10-12<sup>th</sup> 5-6:30.

**Invitation Competitive play will follow last session on both days.**

Cost of Camp \$30.00

Payment in the form of Cash or Money Order to Kyndal

Payne. Kyndal Payne is an All Southland Conference Player and Female Athlete Rookie of the Year for Texas A&M Corpus Christi. All South Region Player. USA National Team Volleyball development camp invitation and participant.

Please turn in payment and signed form to coaches. Assumption of Risk Participant recognizes and understands that certain risks or harm are inherent and that there are dangers involved that cannot be fully foreseen and over which the organizer has no control, which could result in property damage or injury. Participant understands that there are dangers and inherent risks in playing or participating in volleyball, but are not limited to serious injury related to the head, neck, tendons, ligaments, etc. Participant agrees to assume all risks and responsibilities for any and all claims for damages including personal injury or death, medical expenses, disability, lost wages, loss of earning capacity and property damages which may occur. I have read the above agreement and willingly signed with a full understanding of its purpose.

Date \_\_\_\_\_ Grade \_\_\_\_\_

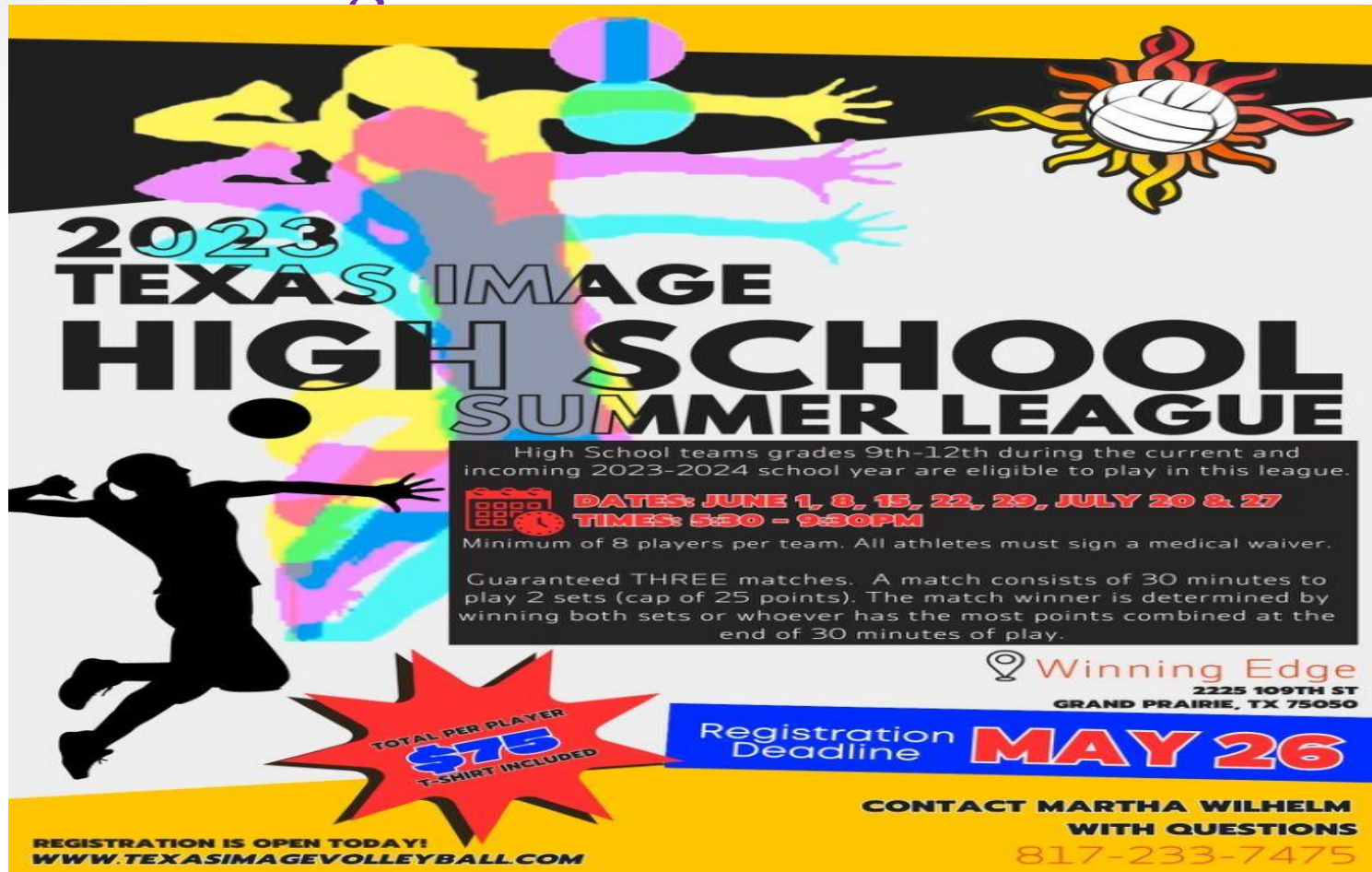
Participants Name \_\_\_\_\_

Parent or Guardian's

Signature \_\_\_\_\_



# Summer League



The poster features a central graphic of a volleyball player in a colorful, multi-colored silhouette. To the right is a stylized sun with a volleyball in the center. Below the main title is a black silhouette of a volleyball player in a dynamic pose. The background is a mix of yellow, black, and white.

## 2023 TEXAS IMAGE HIGH SCHOOL SUMMER LEAGUE

High School teams grades 9th-12th during the current and incoming 2023-2024 school year are eligible to play in this league.

**DATES: JUNE 1, 8, 15, 22, 29, JULY 20 & 27**  
**TIMES: 5:30 - 9:30PM**

Minimum of 8 players per team. All athletes must sign a medical waiver.

Guaranteed THREE matches. A match consists of 30 minutes to play 2 sets (cap of 25 points). The match winner is determined by winning both sets or whoever has the most points combined at the end of 30 minutes of play.

**Winning Edge**  
2225 109TH ST  
GRAND PRAIRIE, TX 75050

**Registration Deadline MAY 26**

**TOTAL PER PLAYER \$75 T-SHIRT INCLUDED**

REGISTRATION IS OPEN TODAY!  
[WWW.TEXASIMAGEVOLLEYBALL.COM](http://WWW.TEXASIMAGEVOLLEYBALL.COM)

**CONTACT MARTHA WILHELM WITH QUESTIONS 817-233-7475**

## Chisholm Trail Volleyball Summer League information

Coach Smith will communicate teams with Texas Image Staff after student-athletes sign up. This is an awesome opportunity to get touches and play competitive games. Under UIL rules we are not able to coach during summer league.

Link to register page

<https://www.mcssl.com/SecureCart/ViewCart.aspx?mid=CFF76B09-6A5C-4E45-9C10-C82DB87FD389&sctoken=89e051b660c5446fac2e0a900ef2087b&bhjs=1&bhqs=1>

Link to Waiver Page

<https://www.texasimagevolleyball.com/documents/2023-2024-Junior-Waiver-and-Medical-Release.pdf>

# Tryouts/Schedules

## TRYOUTS

**Start Monday July 31st**

- **Monday 9:00-11:00 and 1:00-4:00 (Times subject to change)**  
Tuesday-Thursday TBD due to teacher in service
- Scrimmages start
- Friday August 4<sup>th</sup> (Granbury)
- Saturday August 5<sup>th</sup> (Byron Nelson)

# Volleyball Booster Club

Tasha Richards– Volleyball Rep

Betty McConnaughay

We will need team representatives to help out with team meals and general organization and communication.

# Booster Club

- Booster Club Needs Our Participation
- We will need Team Parent Reps, concession stand , and special event volunteers.
- Work Opportunities, Scholarship Fund, Banquet, Etc.
- The ability to provide nice things for our program would not be possible without the Booster Club!

# Partners/Fundraising

- Fundraising
  - **Middle School Madness Tournament September 30th**
  - **Expectation is that everyone in the program will work this event. This is our BIG fundraiser!! We expect student and parent involvement on this day**
  - **We have had 90 plus teams enter this tournament in past so it is imperative that we have Program Wide Involvement on this day.**