

# 2023 SIMON KENTON VOLLEYBALL PRESEASON INFORMATION

## Outdoor Conditioning

5/30, 5/31, 6/1, 6/2, 6/5, 6/6, 6/7, 6/8

8-9 am

Wear running shoes, bring water bottle and a yoga mat/towel  
Weather cancellation will be posted on Twitter @skhsvolleyball

## SKHS Volleyball Camp

Entering 1<sup>st</sup>-9<sup>th</sup> grade 23-24 school year

July 11-14<sup>th</sup> from 4-7pm

Register at the following link:

<https://forms.gle/vxc9yTSuxxrNmzTA8>

(copy and paste in your browser if unable to open)

## Open Gym

July 11-14<sup>th</sup> from 7-8pm

Open to all incoming SK students

(MS students trying out for HS with prior permission)

## Tryouts

July 17<sup>th</sup> and 18<sup>th</sup> 8-11am and 6-8pm

Must attend all sessions

Must be registered in Final Forms with current KHSAA physical on file

## Boot Camp

July 19-21<sup>st</sup> 5-8pm

Mandatory Parent Meeting July 21<sup>st</sup> 7-8pm

For all players who make a team

**For additional information contact coach Amy Marx 859-444-8007**

