

Hi Incoming Patriots!

Welcome to Pioneer High School Volleyball! If you're an incoming freshman interested in playing volleyball, we're so excited to have you join us. We'll be kicking off our summer training in **June**, and we can't wait to start putting in work together in the gym!

Please see the attached summer schedule for all our training dates and times. Make sure to mark your calendars for our summer dead period, which will run from July 1st through July 14th. During this time, all sports take a break, and we won't have any practices or activities.

Important Dates:

- **Dead Period:**
July 1st–July 14th is the **CIF-mandated dead period** for all sports. During this time, there will be **no practices, training, or team activities**.
- **Boys Tryouts:** Begin Monday, February 1st
- **Boys Parent Meeting** - TBA

Important Information to Know:

- **Who Can Participate This Summer?**
Any incoming freshman interested in volleyball is welcome to join our summer workouts – no experience necessary! Just bring a positive attitude and a willingness to learn.
- **What to Bring to Workouts:**
Athletic shoes, knee pads, a water bottle, and workout clothes. Be ready to train!
- **Attendance:**
Summer workouts are strongly encouraged. They help build skills, team chemistry, and prepare you for a successful tryout.
- **Communication:**
We'll use a summer group chat to send reminders and updates. You can join the summer volleyball groupme at the first open gym.
- **Final Forms Clearance – *REQUIRED TO PARTICIPATE*:**
In order to participate in **any** summer training sessions (including open gyms), you **must be fully cleared in Final Forms**.
 - Registration for Final Forms will open **the week after school gets out**.
 - I'll remind everyone in the summer group chat to complete the process before our first open gym.

- You must:
 - Sign all online paperwork
 - Upload an **up to date physical**
 - Select “**Girls Volleyball**” as your sport

⚠ If your Final Forms clearance is **not complete**, you may still attend to watch, but **you will not be allowed to participate** in any activities until it is done. Please take care of this early!

I'm truly excited to meet and work with all of you. Let's build something amazing this summer and get ready for a great 2025 season. Let's make this a memorable season full of growth, hard work, and Patriot pride!

If you have any questions, feel free to reach out.

Go Patriots!
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