

**Raven Volleyball
Summer 2025
Save the Dates**

- *You must be at Tryouts to be considered for a team.*
- Open gyms and camps are your chance to improve skills and get to know your Denver South High School coaches. It is always in your favor to be at as many events as possible. Summer conditioning will put you in top shape for tryouts and helps the program prepare for winning league
- **Being at events or invited to camps does not guarantee a spot on any team.**

Event	Open to	Date	Time	Cost
June Open Gyms and workouts	Everyone! Please make sure you have joined our Band App . This is our primary mode of communication	Detailed dates and times to be announced in May.	8-10 am most Tuesdays and Thursday Mornings We may offer an evening workout as well. Join us for grass vball nights on Wednesdays from 6-8pm.	free
July Open Gyms and workouts	Everyone! Please make sure you have joined our Band App . This is our primary mode of communication	Detailed dates and times to be announced in May	8-10 am most Tuesday and Thursday mornings. We may offer an evening workout as well Join us for grass vball nights on Wednesdays from 6-8pm.	free
Challenge Week	Open to everyone	Week of July 28th to August 1st.	Please see the Challenge Week Tab	\$40 per player Includes t-shirt and cost of sand volleyball. \$5 cash for yoga

Regis Team Camp	Potential Varsity and JV Invite only*	August 6, 7, 8	8am to 8pm on 8/6 and 8/7 8am to 5pm on 8/8	\$200 payable to Regis. Will collect this money and turn in as a group
Tryouts	Open to all 9-12th grade South Students	Week of August 11-15	Mandatory!	N/A
Scrimmage	August 16th	August 16th	All teams	N/A

Join the BAND APP Here

