



Summer Player Expectations



#1. Book Study:

Over summer, all those trying out will be responsible for reading & completing a book study.

INCOMING FRESHMAN BOOK(REQUIRED BOOK): The Energy Bus by Jon Gordon

RETURNERS(CHOOSE FROM THE LIST OF BOOKS BELOW):

- | | | |
|---------------------|--------------------------|-------------------|
| 1. Mind gym | 2. The Confident Athlete | 3. Do Hard Things |
| 4. Peak Performance | 5. The Champion's Mind | 6. Relentless |

Bring with you to tryouts:

1. A summary of the book
2. A list of key takeaways that most resonated with you and why

#2 Self Letter of Recommendation:

Over the summer, you will be expected to write a letter of recommendation for yourself. Include details that address your specific goals, what you can bring to the team, and what your strengths and weaknesses are, include the specifics below based on your class level:

Freshmen: Why do you want to be a part of Glenn Volleyball? What strengths will you bring to the program and how will you implement them to help our program? What do you want to get out of the freshman season?

Sophomores: You are now a returner. How will your contributions be different from last year? What role do you see yourself playing for this team? How have you grown since freshman year?

Juniors: You are now becoming the face of Glenn Volleyball. What leadership skills have you developed that will help you lead our program with success? How will you take all you've learned and apply it to leading the underclassmen?

Seniors: You are now the leader of the Glenn Volleyball program. How do you see yourself in this leadership role? How will you plan to role model your leadership effectiveness to the underclassmen? What type of legacy do you want to leave?

Bring with you to tryouts:

1. Your recommendation letter (preferably typed but can be handwritten if legible)

#3. Practice 16 Minute Workout

Start • 50 pogo jumps

- Sprint a 100
- Backpedal 1x width of the football field
- 50 pogo jumps
- Sprint a 100
- Backpedal 1x width of the football field
- 50 pogo jumps
- Sprint a 100
- Broad jump 1x width of the football field
- Jog back 1x width of the football field
- 50 pogo jumps
- Run a 200
- 10 pushups
- Run a 200
- 10 pushups
- Run a 200
- 10 pushups
- Run a 200
- 10 pushups
- Run a 200
- 10 pushups
- Shuffle 2x width of the football field
- Jog 1x width of the football field

End • Run a 300