

LAKE TRAVIS VOLLEYBALL SUMMER CHALLENGES

CHALLENGE 1:

Weight Training Workouts:

You are expected to keep a log of all of your workouts completed and turn these in to the head coach at the beginning of the pre-season. I will accept typed or written workout logs in a spiral notebook.

Integrity: We are a team that has a culture of integrity. Please DO NOT write things down that you DID NOT do. I would rather you be honest and say that you did not do something rather than falsifying workout documents. Remember, the coaching staff and your teammates will know if you have done the work that you have say you have done when you report to training camp. Your training actions will demonstrate your testing times.

CHALLENGE 2:

Team Building Activity- Get to know a teammate and be able to answer questions on a questionnaire about your partner during tryouts. You need to connect with your partner one time each week, preferably in person or by phone. You should know their full name, short life history including information about their parents and siblings, and hobbies. Other recommended activities include exchanging emails and sending each other encouraging messages. The returning player or upperclassman will initiate the contact starting June 6th. Returners/upperclassmen will also be asked to log the number of contacts made with their partner and turn in during the pre-season.

CHALLENGE 3:

Nutrition Challenge: You are required to eat at least three meals a day and one healthy snack a day. You also need to have a water-bottle with you at all times and drink 64oz. of water a day. You will create a log sheet on your own and record your meals, snack and water consumption. Your partner will be checking your log sheet through weekly contact. We are going to ask that do this for 4 weeks prior to the August 1st start date, so it will start the week of 7-15-16.

Partners should encourage each other each week, and hold each other accountable for these nutrition goals. Share your log with your partner when you talk each week. Bring your completed log/ journal to pre-season.

CHALLENGE 4:

Reading Challenge- Read the assigned book. Write a one page essay summarizing what the book talked about. Then give your thoughts on the reading. Thoughts should include what you liked or found interesting about the book, how the themes in the book relate to your own life, and any comments you may have. Be prepared to share with the team. As your reading the book we will have some discussion questions that you should answer on a google doc. The links are provided below.

Book assignments: **Returners:** Relentless- From Good to Great to unstoppable

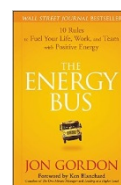
Book Discussion Link-

<https://docs.google.com/document/d/1N81QqzMa4I2Yt7M6YNjif6EAmDzZhclI3HaCU33kOFFk/edit?usp=sharing>

Incoming Freshman: The Energy Bus

Book Discussion Link-

https://docs.google.com/document/d/1vyaSI-nEKZNYrcf_CvuRktCoc8OiPCDzZ_1_BXT-Wg/edit?usp=sharing



CHALLENGE 5:

Sit-ups- You will need to complete a traditional sit-up test. You need to complete 70 sit ups in 2 minutes. This is a great exercise for core strength. Build up to doing the full version by working through a variety of abdominal exercises.

Training: Do not do abdominal exercises on consecutive days. These muscles, like every muscle in your body, need 48-72 hours to rest and recover after a full week workout. You should be practicing all of these exercises, in addition to regular sit-ups. Test yourself weekly to see how long you can hold a plank pose. Keep adding to the number of abdominal exercises you do to develop all your core muscles and make the plank pose that much easier. www.randomabs.com

CHALLENGE 6:

Mark off an area the size of one side of a normal volleyball court (30 x 30). Place one marker (tape) in the center of the court. Place a marker (tape) at every corner and at the half-way point of every sideline/end line/middle line. There should be 8 spots marked and a middle spot.

Shuffle as quickly as you can to each marker and back to the middle, touching the marker with your outside foot closest to the marker. Stay low and shuffle with either foot forward.

Shuffle to each position and back as quickly as you can. You will need to complete this exercise **4 times in a row**, with each set performed in **34 seconds and under**, with **34 second rest** intervals between each set.

Training: Test yourself weekly. Perform a variety of agility drills, including jump roping, single leg quickness drills, the dot drill, the ladder, shuffling, etc. Perform all drills for speed.

CHALLENGE 7: Letter of Recommendation- You will need to write a letter of recommendation for yourself. Include details that address your goals, what you can bring to the team, and what your strength and weaknesses are. Below are some specific questions based on the number of years you have played that need to be answered:

1. **FRESHMEN:** Why do you want to be a part of the LTVB program? What talents and gifts will you bring to the program and how will you implement them to help our program?
2. **SOPHOMORES:** You are now a returner. How will your contributions be different than last year? What role do you see yourself playing for this team?
3. **JUNIORS:** You are now becoming the face of the LTVB program. What leadership skills have you developed that will help you lead our program with success.
4. **SENIORS:** You are now the leader of the LTVB program. How do you see yourself in this leadership role? How will you plan to role model your leadership effectiveness to the underclassman?

CHALLENGE 8: 20 minute workout- This will be completed outside at the track, day 1.

Goal for Returners: Under 18:30

Incoming Freshmen: You must complete a modified version within 20 minutes.

CHALLENGE 9:

6-4-6- You will be completing the 6-4-6 in the gym on the basketball court from end line to end line. You will sprint 6 times, shuffle 4 times, and sprint 6 times (one sprint is considered from one end line to the other end line/not down and back). You must complete the 6-4-6 in a time of **RETURNERS=2:15, INCOMING=2:20**. *Training: Sprint training on the track, on a football field, or in a gym 3 times per week.*

CHALLENGE 10:

Stair Run- You will run the stairs in the gym **RETURNERS=** 10 laps in 10:30 or less

INCOMING= 10 laps in 11:00 or less

Training: Medium distance running (1-2 miles 2-3 times per week but not consecutive days). Cross training (elliptical, bike, rowing machine, treadmill, swimming, etc.).