



2018 Clear Creek Volleyball

Class of 2022



The Clear Creek Volleyball Program has a long and prestigious winning tradition. We have made it to the playoffs 25 out of the last 27 years, we've made it to the Regional Semifinals (final 4 in Houston and final 16 in the state of Texas) in 9 of the last 17 years, and we've made it to the Regional Finals (final 2 in Houston and final 8 in the state of Texas) in 6 of the last 17 years. We have won the District Championship 11 out of the last 17 years. This past season in 2017 we continued our winning tradition with our 17th straight trip to the playoffs and won the bi-district championship. We would love for you to be a part of our winning tradition.

Important Dates:

- There will be a summer league for incoming freshmen at AVA facility in League City. You will be teamed up with other incoming CCHS players and compete against other freshmen going to CLHS, CBHS, etc. More information to come.
 - July 23-July 26- 4th-9th Grade Camp at CCHS- www.clearcreekvolleyball.org. The 9th grade session will be from 1:30-4:00 p.m. Check for construction updates as to whether camp location moved or not.
 - August 1- Tryouts – Freshmen 8-10 a.m. and 1-3 p.m. 10th-12 grades- 10 am-noon and 3-5 p.m. Report 20 minutes early the first day. Must have a completed CCISD physical form.
 - August 2- Morning tryouts, teams posted at noon, afternoon practice and Meet the Wildcat Parent Meeting that night.
 - August 3-4- scrimmages @ Spring Branch Memorial on Fri 8/3 and @ home on Sat 8/4 with team swim party to follow
 - August 7- first match @ home vs. Seven Lakes
 - August 20- first day of school
 - September 7- first district match vs. Clear Brook
 - October 23- last district match vs. Clear Springs
 - October 29- Varsity playoffs begin
 - November 16-17- Varsity State Volleyball Tournament
- Open gym times are tentatively planned for 9:30 a.m.-11 a.m. after conditioning camp at CCHS- dates TBA in July.
- The CCHS Conditioning camp is throughout June and July most likely in the mornings from 7:30-9:30 a.m. Mon-Thurs and is highly recommended.

-At tryouts, all players **must** have a completed CCISD physical form before they can tryout. We will be testing the following at tryouts. The following are our all time records:

1. bench reps- 55 lbs. (9th graders) 65 lbs. (10th-12th graders)- 48 Natalie Piznar '12
2. squat reps- 115 lbs. (9th graders) 145 lbs. (10th-12th graders)- 116 Natalie Piznar '12 and Olivia Rigby '16
3. 1 minute pushup test- 90 Sydney Fox '11
4. 2 minute sit-up test- 116 Melissa Gaffney '14
5. mile run- 6:03 Hannah Froeschl '17
6. approach vertical jump- 31" Hannah Froeschl '17
7. block vertical jump- 24" Hannah Froeschl '17
8. shuttle sprint run- 5.75 Haley Jacob '09
9. horse sprint run- 19.81 Erica Kropp '16

*All players who make freshmen A or B teams must run mile under 8:30 before they will be allowed to play in matches. All JV and Varsity players must run mile in under 8:00 before they will be allowed to play in matches.

-Go to booster club website www.clearcreekvolleyball.org or Twitter page [@Creek_VBall](https://twitter.com/Creek_VBall) for updated information throughout the summer for camp, open gyms, season schedule, and any other CCHS Volleyball information.

-Any questions please contact Coach Simonds at: ssimonds@ccisd.net