

# Byron Nelson Volleyball

Spring Fling 2024



# Open Gym Dates

Website- [www.BNVolleyball.com](http://www.BNVolleyball.com)

First Date: May 7th

Following Dates: May 10th, May 14th, May 17th

- 4:30-5:30p, North Gym
- MS athletes, get over to HS as fast as you can.
- Not mandatory, but highly recommended.
- Club volleyball practice- No problem!
- STAAR testing dates= No open gym

# BNVB Camps

## Summer Camp- FRESHMAN ONLY

- May 28-May 31
- July 29th-August 1st
- 9th Grade: 9:00a-12:00p

## Team Camp- All Incoming 9th-12th

August 1-3

Aug 1- Thursday: 6:00p-9:00p

Aug 2 and 3- Friday and Saturday: 2:00p-5:00p

- Jan Barker and Coaching staff.
- \$125 Cash or Money Order ONLY.
- Open to any athlete trying out.
- **\*NOT MANDATORY, HIGHLY RECOMMENDED.**

# Performance Course- Summer 2023

**Dates - 6/10-7/25**

**Vacation week 7/1-7/5**

**Time - 9-10:30am**

**Days - Monday - Thursday**

**Registration link:**

<https://www.performancecourse.com/school-district/northwest-isd>

**Brochure link**

[PC Brochure](#)

**\*Highly Recommended to prepare your daughter for tryouts and season.**

**\*If you have a financial issue, please let us know.**

**\*Open Weight Room with Coach Reeves option for athletes playing through nationals. More information on this soon.**

# Tryouts 2024

- Must come in with physical and UIL paperwork COMPLETED.
- Athletes will not be able to tryout without them.
- Physical testing as well as volleyball.
- Only 4 teams to tryout for.
- Begins August 5th, 2023
- Times- TBD
- Decisions made based on performance, not just “working hard”.

**Freshman A and B, Junior Varsity, and Varsity.**

**\*\*\*Once your daughter makes a team, we will begin practices or games every M-F until school starts. These practices are mandatory. No vacations after tryouts.**

# Physical Day at BNHS

Everyone must have one this year. No exceptions.

May 3rd, 2024

- Beginning at 4pm-7pm
- Only 75 athletes per 30 min appointment times.
- Appt. times going fast.
- Must go online (NISD WEBSITE) to sign up for a time.
- \$20 online, \$25 at the door
- If already complete, must be dated after 4/1/24.

Welcome to the BNVB Family!

**QUESTIONS?**