



Head Coach: Tacy Kelly, tacerelly7@yahoo.com

Asst Coaches: Casey Jennings, Anne Wulff, Grace.....

Team Coordinator: Diane Morrison, diane_m_morrison@yahoo.com

Summer Schedule:

Summer workouts are not mandatory but highly recommended for athletes planning on trying out for IHS Fall Volleyball. All Summer workouts will be held at Ski Beach in Incline. Should you need assistance gaining beach entry, please contact Diane. There is no cost for these summer workouts.

Casey might be scheduling Summer Clinics which will be offered to age groups and will have an associated cost. More information coming.

For summer workouts, please dress in workout clothes and be prepared with water and layers.

Date:	Location:	Time:
June 13 - 16	Ski Beach	4:00 – 5:30 pm
June 19 - 22	Ski Beach	8:00 – 9:30 am
June 23 – July 4 Independent workouts. Tacy will provide workout guidelines		
July 5 - 8	Ski Beach	8:00 – 9:30 am
July 10 - 13	Ski Beach	8:00 – 9:30 am
July 16 - 30 Independent workout; Tacy will provide workout guidelines		
July 31 - August 5	Ski Beach	8:00 – 9:30 am
August 6 – 11 Independent workout; Tacy will provide workout guidelines		

August 15-18 IHS DOUBLE DAYS/TRYOUTS - REQUIRED

8:00 – 9:30 am IHS - Calisthenics
6:00 – 8:00 – IHS Gym - Volleyball

August 19 – Teams Announced

August 20 – Incline Chevron - CAR WASH FUNDRAISER – All team members required participation

August 21 – First official practice; IHS - JV/Varsity

August 27 - IHS Gym Varsity Teambuilding – 4 hours time tbd

Fall Game Schedule: JV/Varsity

Date:	Time:	Location:	vs:
09/01/2023	4:00/5:00 pm	Battle Mountain	Battle Mountain HS
09/02/2023	11:00/Noon	West Wendover	West Wendover HS
09/06/2023	4:00/5:00 pm	Incline	Sierra Lutheran HS
09/08/2023	4:00/5:00 pm	North Tahoe	North Tahoe HS
09/09/2023	Noon	Incline	Pershing County HS
09/15/2023	4:00/5:00 pm	Incline	Yerington HS
09/16/2023	11:00/Noon	Silver State – Reno	Coral Academy
09/20/2023	4:00/5:00 pm	Oasis Academy	Oasis Academy
09/22/2023	4:00/5:00pm	Silver Stage	Silver Stage HS
09/29/2023	4:00/5:00pm	Incline	Battle Mountain HS
09/30/2023	11:00/Noon	Incline	West Wendover HS
10/11/2023	4:00/5:00 pm	Sierra Lutheran	Sierra Lutheran HS
10/13/2023	11:00/Noon	Yerington	Yerington HS
10/14/2023	11:00/Noon	Incline	Coral Academy
10/18/2023	4:00/5:00 pm	Incline	Oasis Academy
10/20/2023	4:00/5:00 pm	Incline	Silver Stage HS
10/26/2023	4:00/5:00 pm	Incline	North Tahoe HS
11/03/2023	tbd	away	tbd
11/04/2023	tbd	away	tbd
11/10/2023	tbd	away	tbd
11/11/2023	tbd	away	tbd

Teams:

Tacy and Casey will assemble 12 players for JV And Varsity teams. If a Coach can be secured, there is SLIGHT potential for a Freshman team which will essentially only be a practice team. There may be an opportunity of 1-2 games (most high schools in our league do not have Freshman teams).

Season Information:

NEW THIS YEAR: JV and Varsity Volleyball athletes will be required to sign an IHS specific Code of Conduct. Athletes who fail to sign will not be allowed to participate. Parents will also be asked to sign and adhere to guidelines.

Spirit Packs:

Once again JV & Varsity athletes will be responsible for purchasing Spirit Packs. There will be fundraising opportunities to help defray the cost of the spirit pack. For planning purposes, the Spirit Pack cost in 2022 was \$245 per athlete and consisted of a Named Volleyball bag, logoed sweatshirt, sweat pants, 2 pair spandex, 2 pair socks, knee pads and long sleeve practice jersey. Athletes who competed last year will not need to purchase a new bag.