

Hello!

My name is Mary Clifford, the Varsity Volleyball Coach at South Houston High School. I am excited to start preparing for the upcoming season over the summer! Below are some great opportunities for girls to stay in shape and play a lot of volleyball. More information about all the events listed below can be found on the program website.

Be sure to follow the program on Twitter AND check our website frequently.

Also, feel free to email me with any questions you have! Go Trojans!!!

Website: southoustonvb.weebly.com Twitter: @volleyball_shhs
Coach Clifford Contact: coachmclifford@gmail.com

INFORMATIONAL ZOOM MEETING


Monday, May 24th @ 7 PM

For incoming 9th – 12th and their parents/guardians/family.
Essential program information and important dates will be discussed.

Scan the QR code to join the meeting OR join using this link:

<https://tinyurl.com/3nkr263d/>



<p>SUMMER STRENGTH AND CONDITIONING CAMP</p> <p>June 7-11 June 14 - 17 June 21 - 24 June 28 - July 1 July 12 - 15</p> <p>9-11 AM @ SHHS</p> <p>**MUST HAVE A PHYSICAL ON FILE TO PARTICIPATE**</p>	<p>VOLLEYBALL SKILLS SESSIONS & OPEN GYMS</p> <p>Thursdays in June (Starting June 10th) from 11:30 – 1:30 Tuesdays and Thursdays in July from 11:30 – 1:30</p> <p>@ SHHS- Girl's Gym</p> <p>**The first hour will be drills run by a SHHS coach and the last hour will be open play**</p>
<p>SUMMER VOLLEYBALL CAMPS SIGN UP WITH QR CODE BELOW!</p> <p>July 28th and 29th @ SHHS- Girl's Gym Incoming 3rd – 8th: 9 – 11 AM (\$20) Incoming 9th : 12:30 – 2:30 PM (\$20) Incoming 10th – 12th: 3 – 5 PM (\$25)</p> 	<p>VOLLEYBALL TRYOUTS SIGN UP WITH QR CODE BELOW!</p> <p>August 2nd and 3rd @ SHHS- Girl's Gym Incoming Freshman: 8:00 – 9:30 AM & 12:30 – 2:00 PM Incoming 10th – 12th: 10:00 AM – 12:00 PM & 2:30 – 4:00 PM</p> <p>**MUST HAVE A PHYSICAL ON FILE & RANK ONE FORMS COMPLETED TO PARTICIPATE**</p> 

NEED A PHYSICAL? Memorial Herman Wave Clinic right across from South Houston Intermediate that will give SHHS students physicals for free! Address: 1500 Main St, South Houston, TX 77587.