

Welcome 2025

Please Sign In



GET CONNECTED 2025

- Visit our LTVB website: www.ltvolleyball.com
- Visit our LTVB website Tryout Info: www.ltvolleyball.com/tryouts
- [Tryout Meeting Powerpoint](#)
- Fill out 2025 Contact Form
- Twitter @ltvolleyball
- Facebook @LakeTravisVolleyball
- Instagram @laketravisvb
- TikTok @laketravisvb



Coach Boren

Teaches PE

LTHS Volleyball Program

11th Year at LTHS

24 Years Coaching

Coaching bio: [click here](#)

borenb@ltsidschools.org



Coach Duffourc

PAP Algebra 1/Volleyball/Basketball

11th year at LTHS

20+ years Coaching

Coaching bio: [click here](#)



Coach Sarah Pannkuk

CAV 101 -

Freshman Volleyball/1st Softball Assistant

2nd year at LT

Coaching bio: [click here](#)



Coach Dori Mallinger

History -

Flex Volleyball

1st year at LT

Coaching bio: [click here](#)



Booster Club Officers Contacts

<https://www.ltvolleyball.com/boosterleadership>



2025-26 Booster Club Officers

President	Debbie Davis, ltvb.president@gmail.com
Vice President	Melissa Reese, ltvb.vicepresident@gmail.com
Secretary	Sherri Besecker, ltvb.secretary@gmail.com
Treasurer	Jennifer Cummins, ltvb.treasurer@gmail.com
Sponsorships	Leanna Dando, ltvb.sponsors@gmail.com
	<i>Committee Chairs</i>
Concession	Laura Birchall, ltvb.concession@gmail.com
Hospitality	Michelle Sawtelle, ltvb.hospitality@gmail.com
Webmaster/DJ	Brian Davis, ltvb.webmaster@gmail.com

Lake Travis Volleyball Booster Club

What we do? How can I get involved?

Our goal is to support the players/coaches and provide a first-class experience that creates a winning environment.

- **Food and Travel (team/coach meals, charter buses, lodging for playoffs, all aspects of road travel for Freshmen, Flex, JV, Varsity teams)**
- **Gameday (Promotions, roster cards, concession stand, sponsorships)**
- **Volleyball equipment, program development wish list items**

The most important thing you can give is your time!

Interested in volunteering? Look for the Committee Sign-Up sheet!

Booster Volunteer Opportunities

CLICK ON LINK FOR FULL DESCRIPTIONS

Dig Pink Coordinator

Concession Assistant

Homecoming Parade Coordinator

Hospitality Assistant

LTYA Little Sisters Program Coordinator

Senior Breakfast Coordinator

Senior Night Coordinator

Staff Appreciation Coordinator

Team Moms

Volleyball Banquet Coordinators



BOOSTER CLUB

Lake Travis Volleyball Booster Club is a dynamic non-profit organization consisting of parents whose purpose is to assist with fundraising opportunities, help manage and distribute funds, promote attendance and spirit at athletic events, provide parent-oriented assistance to the coaching staff, and advocate for our volleyball program in the community.

Wishlist Fulfilled Total: 23,708

Away meals, Serve Machine Attack 2 - \$4,500, 3 new net systems in the main gym \$12,000, Apple iPads \$750, AVCA Coaches Clinic \$1,020, Banquet \$4,000, 40 Practice Balls \$1,438

Wishlist Fulfilled Total: \$68,478.00

Away meals, 2 Sand Courts with 2 sets of bleachers \$ 56,000, Locker Room Updates-Varsity, JV & Freshman (new couch, new chairs for team meetings, pillows, rugs) \$ 5,000, AVCA 2017 Coaches Clinic in Kansas City \$2,040 (2 Coaches), Banquet \$4,000, 40 Practice Balls \$1,438

Wishlist Fulfilled Total: \$23,020

Away meals, Net systems for the back gym \$5,000, Sand Court Outdoor Equipment \$3,000, Locker Room TV's \$2,000, Offseason Equipment \$2,000 (jump rope, dumbbells for weight room, AVCA 2018 Coaches Clinic \$1,020 (1 Coach), Banquet \$4,000

Wishlist Wants & Needs Total: \$21,978

Away meals, 40 Practice Balls \$1,438, Travel Pearland \$5,500, Sand Equipment \$1,000, Banquet \$4,000, AVCA Conference \$1020 (1 Coach), Setter Catch-its \$500, Recovery Equipment

Wish list Wants & Needs Total: \$15,305

Away meals, 20 Practice Balls \$1,005, Banquet \$1,000, Sand Court Upgrades \$5,000, AVCA Conference \$300 (1 Coach), Locker Room Graphics \$4,000, Locker Room New Sound System, \$2,000

Booster Sponsorship



2025-26 Volleyball Booster Club Sponsorships



Features	Gold	2 nd Set	Premier	Warm-Up	Starting Line-Up	Ace
Company Logo						
Match Program Title Sponsor						
Company Logo scrolling on Digital TV at Entrance						
Company Logo and Link on LTVB website						
Digital Ad-Board*						
60 Second Ad-scrolls entire JV & Varsity Matches						
45 Second Ad-scrolls entire JV & Varsity Matches						
30 Second Ad-scrolls entire JV & Varsity Matches						
15 Second Ad-scrolls entire JV & Varsity Matches						
Live Stream Broadcast						
Texan Live recognition during Varsity Matches						
Company PA Announcement						
Name recognition during Varsity Introductions						
Company Ad Read after the 1st set (15 sec)						
Company Ad Read after the 2nd set (15 sec)						
Additional Flair						
Varsity Team Photo						
Season Schedule Magnet						
Sponsor Decal						

*Must adhere to LTISD Advertising policy

\$500 **\$1,000** **\$1,500** **\$2,000** **\$2,500** **\$3,000**
 (2 avail) (1 avail) (1 avail)



2025 BOOSTER CLUB SPONSORSHIPS

Lake Travis Volleyball Booster Club Application Form

To receive full sponsorship benefits, turn in application & company logo/graphic by **August 15, 2025**.

me: _____

e: _____

is: _____

Numbers: _____

LL SPONSOR LEVELS (Check One)

- 1 AVAILABLE – \$3,000 2nd Set – \$1,000
 ing Line-Up 1 AVAILABLE – \$2,500 Gold – \$500
 n-Up 2 AVAILABLE – \$2,000 Friends of LTVB – \$150
 rier – \$1,500 *non-corporate sponsor

payable to: Lake Travis Volleyball Booster Club (LTVB Booster)

Or scan the QR code to become a Sponsor today!



work and questions to **Leanna Dando (602) 549-0056** or ltvb.sponsors@gmail.com.



avis Booster Club qualifies as a charitable organization under IRS code Section 501(c)(3) and as such your contribution may be deducted on your Federal Income Tax return.











PECIFICATIONS FOR DIGITAL ADS ARE:

ild be at the highest resolution possible. We suggest a minimum standard resolution of r higher. The accepted image formats are JPEG, PNG, PDF or Photoshop. The original age format would be the best. The best ads have a clear photo with large text and a minimum rds. You want to make sure someone sitting 100 feet away can see it clearly. Stick to clean, raphics and text. We want to give you the highest quality professional ad on our video board.

Thank you for advertising with the Lake Travis Volleyball Booster Club.

LTVB Booster Player Check Out Form

WELCOME TO LT VOLLEYBALL BOOSTER CLUB			
PLAYER NAME:			
PLAYER TEAM:			
PARENT NAMES:			
PARENT'S CELL / EMAIL:			
2025 BOOSTER CLUB MEMBERSHIP FORM			
ITEMS	Qty	Price	Sub Total
Booster Club Membership		\$250.00	
In lieu of paying for a membership, I will secure a \$500 sponsorship. Pick up Sponsorship Form from Leanna Dando. Deadline: August 22nd		\$500.00	
Sponsorship - attach form or add a Personal Donation here			
Teacher Appreciation Gift Card Fund		\$40.00	
Parent Mixer & Silent Auction Event		\$50.00	
Booster Club Merchandise			
LTVB Yard Sign		\$35.00	
Personalization: First OR Last Name & Jersey #			
Fat Heads (24")		\$35.00	
LTVB Car Decal		\$20.00	
Personalization: First Name			
LTVB Fan Shirts (Red) [S M L XL]		\$20.00	
LTVB Embroidered Sweatshirt (Black) [S M L XL]		\$50.00	
LTVB Clear Bags		\$10.00	
Mini LTVB Decal		\$5.00	
VB Schedule Magnet		\$6.00	
TOTAL			
We accept cash, credit card, or check. Make check payable to LT Volleyball Booster Club			
Check # _____ Cash _____ Square _____			
	Merchandise & Membership		Scan to Purchase Parent Mixer Tickets
Until August 29, additional fan merchandise can be purchased separately here: https://bsnteamsports.com/shop/kBSPeCxaqz			

LAKE TRAVIS VOLLEYBALL		
2025 Volleyball Booster Club Fan Apparel		
	\$250	Membership Pays For: Transportation and hotel for Pearland Tournament, away meals, event decorations, locker room decorations, team banquet meals, Hudl game filming and select fan gear, volleyball equipment and more! You also have the option of securing a \$500 sponsorship in lieu of paying a membership fee. Deadline to find a sponsor is August 15th.
	\$40	Teacher Appreciation Gift Cards. Each season we shower our LT teachers with treats such as gift cards and gift baskets. We ask that each family contribute \$40 to show our appreciation to our teachers who shape our kids' education.
	\$35 each	LTVB Yard Sign. Optional personalization with First OR Last Name and Jersey #
	\$35 each	Fat Heads. Corrugated plastic image of your player for parents or fans to hold up in the stands! Parent will be emailed for picture. Approximately 24" high by 18" wide.
	\$20 each	LTVB Car Decal. Large personalized (First or Last Name and Jersey #)
	\$20 each	LTVB Fan Shirt. Heather Gray shirt. Adult Sizes S-XXL
	\$50 each	LTVB Fan Embroidered Sweatshirt. Black. Adult Sizes S-XXL
	\$10 each	LTVB Clear Bags. Gameday Crossbody Stadium Bag
	\$5 each	Mini LTVB Decal. Small 4" LTVB decals purchased on-site
	\$6 each	LTVB Magnet. Size 4"x7"
<p>Until August 29, additional volleyball fan merchandise (Under Armour, Lululemon, BSN Sports) can be purchased here: https://bsnteamsports.com/shop/kBSPeCxaqz (hats, bras, tanks, polos, blankets, tumblers, shoes, sweat pants, etc.)</p>		
		

Why LTVB?



1. Competitive & Winning program
2. Family Culture
3. Positive Experience
4. Lead, Guide & Mentor Your Girls
5. Have Fun
6. Great Community Support
7. Committed Student - Athletes
8. Every Senior will get the opportunity to play at the next level if they want.



About Our Program

4 Teams: # Players

Varsity: 12-14 | JV: 10-12 | Flex: 10-12 (sophomores & freshman) | Freshman: 10-12 (no B Team)



2011 & 2010 STATE CHAMPIONS (4A)

5x District Champions

(2023, 2022, 2021, 2020, 2019)

Bi-District Finalist 2024

Sweet 16 2023 & Elite 8 2022

Regional Tournament 2023, 2022

Regional Semi-finalist 2023

5 - 1st Team All-District

3 - 2nd Team All-District

2 - All-District Honorable Mention

17 - Academic All-District Team

3 - Academic All-State THSCA & TGCA

2022 Players Signed with Universities

Logan Brannan, Notre Dame

Emily Contreras, Texas Tech

Brooke Davis, SFA

Kendall Jurgens, Nova Southeastern

Danilyn Neal, West Virginia

2023 Players Signed with Universities

Avery Hamlin, Duke

Kacey Kazmierski, North Florida

Cate Haley, MIT

KK Jaimes, St. Edwards

Alex Earle, Old Dominion

2024 Players Signed with Universities

Layla Todd, Robert Morris

Lolo Jose, Trinity



Myths about Lake Travis Volleyball

You have to specialize in volleyball

MYTH

You have to play club

MYTH

You have to be indoor only

MYTH

Your position in club is the same position at school

MYTH

Your going to have to be a certain height

MYTH





Truths about Lake Travis Volleyball

You can make lifelong friends **TRUTH**

You will need to keep up with your grades 70 above **TRUTH**

Your going to have to compete and work hard everyday **TRUTH**

Your going to feel stress at times **TRUTH**

Because your coaches love you we are going to push you everyday **TRUTH**

Full year commitment (inseason & offseason) **TRUTH**



PRE TRYOUTS 2025

Complete RankOne Online Participation Forms

- Rank One Participation Forms (Physical & Medical History, Strength & Conditioning, Travel form, UIL form, ECC) are required. All forms can be found on our LTHS Athletic Website. [CLICK HERE](#)
- Print 2025 physical form [CLICK HERE](#)
- The link for the NEW 2025 drug consent Leader 4 Life program: **COMING SOON IN JULY**
- UPLOAD YOUR PHYSICAL AND MEDICAL HISTORY DIRECTLY TO RANK ONE

Questions- Training Staff- 512-533-6077

Cameron Chalmers- chalmerc@ltisdschools.org

Brandy Gothard- gothardb@ltisdschools.org

Aimee Zapata- zapataa@ltisdschools.org



**LTVB GOAL-
ALL PAPERWORK
COMPETE BY LAST DAY
OF SCHOOL.
DRUG CONSENT IN JULY**

Tryout Information

- All Information- VISIT OUR WEBSITE <https://www.ltvolleyball.com/tryouts>
- Everyone even managers must have a physical & LT paperwork turned in (athletic forms).
- Try-out practice gear - LT Gear, MS gear, any Red/Black/White T-shirt, Black Spandex, VB Gear, NO club attire or logos
- Bring a water bottle to all practices
- Bring completed summer challenge folder (if new to LT or the district please talk to Coach Boren)
- Arrive 30 minutes before practice to check-in & get mentally prepared
- We will meet at the round gym for each practice session
- All practices are closed to the public

Tryout Evaluation



- Athletic Ability- 20 minute workout, speed, power, reaction time, vertical jump, hustle, effort, etc.
- Skill Technique & Mechanics- evaluate (Passing: rate SR, freeball & defense digs, Setting: location & tempo, Jump Float Serving: speed & location, Hitting: power & location)
- Ball Handling- Overall Consistency, 1st, 2nd & 3rd contact
- Judgement & Focus- eye movement, proper calls, making good game time decisions, strategy on the court, competitive nature, following directions
- Teamwork- Works well with others, has a good rapport, eye contact, communication is positive
- Important X-Factors: leadership, enthusiasm, effort, hustle, aggressiveness, physicality, chemistry, etc.



Tryout Selection Zoom Process



1. We will give all girls a set time Saturday Morning.
2. One parent and player must be present to meet.
3. All players must accept or deny their position during the call. (Please know your decision either way before the call.)
4. Each meeting will be 3-5 minutes.
5. Be respectful of time.

Expectations for Student- Athletes

Extra-Curricular Code of Conduct

- Lake Travis Extracurricular Participants must act with PRIDE and DIGNITY at all times.
- The purpose of this ECC is to establish regulations and procedures to work with violations that occur ON or OFF school grounds
- The ECC time frame is an entire school calendar year.
- **ECC- [ECC 2025 COPY HERE English & Spanish](#) -
Make sure to read this with your player!!!!**

** Contract you are agreeing to for the school year plus summer.



What's NEXT ~ When you make the team

1. Follow schedules
2. Welcome Email
3. Look for Coaches' Weekly Newsletters
4. Order gear
5. Get involved with booster and volunteer
6. Have fun and get ready for an experience



Checklist 2025

Step 1– Athletic Clothes

- All players will be able to order gear **BEFORE & AFTER TEAMS** are picked.
- If you order before tryouts and don't make a team there are **NO REFUNDS!!!!**
- **VARSAITY ONLY- 1st order deadline is MAY 29th (You will get your gear at tryouts)**
- **2nd order deadline will close Sunday, August 10th**
- We will have \$10.00 practice shirts for sale today if you would like to purchase.

STEP 2 - Print Schedules- Schedules, Calendars, etc.- All schedules will have an "updated date example 5/11/2023" use this to make sure your schedule is the most up-to-date.

- 2025 Season Schedule
- Week 1 Tentative Practice Schedule Season will go from August 1st t to Thanksgiving! We will practice on most holiday Mondays!
- Summer Challenges Packet- updated 5/6/25
- Please check the website often for new information and the most up-to-date schedules.

LAKE TRAVIS VOLLEYBALL EQUIPMENT

VARSITY	JUNIOR VARSITY & FLEX	FRESHMAN
SHORT SLEEVE PRACTICE SHIRT- IF NEEDED SAME AS LAST YEARS	SHORT SLEEVE PRACTICE SHIRT- IF NEEDED SAME AS LAST YEARS	SHORT SLEEVE PRACTICE SHIRT
UA GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS	BLACK GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS	BLACK GAME SPANDEX- WE WILL REQUIRE BLACK SPANDEX TO PRACTICE- NO CLUB LOGOS
BLACK COVER SHORTS -THESE ARE FOR GAMES AND PRACTICE	BLACK COVER SHORTS - THESE ARE FOR GAMES AND PRACTICE	BLACK COVER SHORTS - THESE ARE FOR GAMES AND PRACTICE
WHITE KNEEPADS UA	WHITE KNEEPADS	WHITE KNEEPADS
LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR	LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR (OPTIONAL)	LONGSLEEVE PRACTICE SHIRT (THIS IS GOING TO GET MESSED UP- THIS IS A PRACTICE T-SHIRT) *** MAY GET HOLES IN IT FROM DIVING ON THE FLOOR (OPTIONAL)
UA SHOES- LOW OR HIGH TOP DOESN'T MATTER (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP)	UA SHOES LOW OR HIGH TOP (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP) (OPTIONAL)	UA SHOES LOW OR HIGH TOP (IF YOU WEAR ANKLE BRACES YOU SHOULD BUY LOW TOP) (OPTIONAL)
SOCKS (OPTIONAL) WHITE SOCKS ARE REQUIRED	SOCKS (OPTIONAL) WHITE SOCKS ARE REQUIRED	SOCKS (OPTIONAL) WHITE SOCKS ARE REQUIRED
UA BACKPACK (OPTIONAL) OR UA DUFFLE (OPTIONAL)	UA BACKPACK (OPTIONAL) OR UA DUFFLE (OPTIONAL)	UA BACKPACK (OPTIONAL) OR UA DUFFLE (OPTIONAL)
SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. PROGRAM SHIRT (OPTIONAL) 2. COMFORT COLOR (OPTIONAL) 3. DIG PINK TSHIRT (OPTIONAL) 4. PLAYOFF SHIRT (OPTIONAL) 	SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. PROGRAM SHIRT (OPTIONAL) 2. COMFORT COLOR (OPTIONAL) 3. PLAYOFF SHIRT (OPTIONAL) 4. DIG PINK TSHIRT (OPTIONAL) 	SEASON T-SHIRTS WILL BE AVAILABLE (ORDER THESE DURING THE YEAR) <ol style="list-style-type: none"> 1. PROGRAM SHIRT (OPTIONAL) 2. COMFORT COLOR (OPTIONAL) 3. PLAYOFF SHIRT (OPTIONAL) 4. DIG PINK TSHIRT (OPTIONAL)



PLAYER APPAREL

NO REFUNDS

[GEAR LINK](#)
[CLICK HERE](#)

Practice T-shirt Link- coming soon

Discount on UA Gear for our players. There will be two opportunities to order

1st chance- Open until June 1st

2nd chance- Opens after teams are made August 2nd closes on Sunday, August 10th

DISCLAIMER ON ORDERING GEAR:

NO REFUNDS- IF YOU GET CUT THERE ARE NO REFUNDS

WHAT YOU ORDER IS WHAT YOU GET ON CLOTHING

STOCK SHOES CAN BE EXCHANGED IF NEEDED

4 WEEKS TO DELIVERY IF NOT BACKORDERED

GAME ONE

Lake Travis Volleyball 2025

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://thsvb25.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday June 1st, 2025 (11:59pm PDT)

 Under Armour Rival Fleece Crew \$46.00	 Under Armour Rival Fleece Hood \$50.00	 Under Armour Womens Team Tech 3-Inch Shorts \$25.00	 Under Armour Ladies Team 4-Inch Shorts \$17.00	 Under Armour Hustle 6 Team Backpack \$56.00	 Under Armour Undeniable 5.0 Duffel \$49.00
 Under Armour Team Crew Socks \$12.00	 Under Armour Ua 3 Volleyball Knee Pads - Adult \$19.00	 Under Armour Womens Ace Low Volleyball Shoes \$95.00	 Under Armour Womens Ace Highlight Volleyball Shoes \$82.00		

Questions?
Trinity Preslar
1-800-747-9744
GOstores@game-one.com
<https://www.game-one.com/>

PARENT APPAREL

[GEAR LINK](#)
[CLICK HERE](#)

NO REFUNDS

Practice T-shirt Link-

1st chance- Open until Last day of School

2nd chance- Opens after teams are made

August 6th closes on Sunday, August 11th

DISCLAIMER ON ORDERING GEAR:

NO REFUNDS-

IF YOU GET CUT THERE ARE NO REFUNDS

Your Exclusive Shop 64 Items



Lululemon Women's Energy Bra
\$57.99
1 color



Lululemon Metal Vent Tech Sleeveless Tee 2.0
\$77.99
1 color



Lululemon Women's Swiftly Tech Racerback 2.0
\$63.99
1 color



Lululemon Swiftly Tech Racerback Tank Top 2.0
\$63.99
2 colors



What's NEXT~ If you don't make the team

- If your player doesn't make the team WE WILL tell the counselor and you will build your new schedule.
- We will also help you connect with another coaches or groups on campus.
- Continue training in sand and compete
- Join a Club Team - many clubs in the area
- Private lessons
- Become a manager, earn a PE credit - you will be double blocked.
- You are allowed to come back at semester and train only if you are manager this year.



You can access each sport website from this link on the LTISD webpage: <https://www.ltidschools.org/Page/1749>

Please see “clubs” link on LTHS website:
<https://www.ltidschools.org/Domain/507>

UIL Girls Sports:

Cross Country & Track - Head Coach

Aaron Macik- macika@ltidschools.org

Basketball - Head Coach -

Kevin Bussinger- bussingerk@ltidschools.org

Soccer - Head Coach -

William Maloney- maloneyw@ltidschools.org

Golf- Head Coach -

Jonathan Coats- coatsj@ltidschools.org

Powerlifting Head Coach -

Kevin Halfmann halfmannk@ltidschools.org

Sports Medicine -

Brandy Gothard gothardb@ltidschools.org

Softball-

Delilah Leon- pachecode@ltidschools.org

Wrestling-Head Coach -

Adam Sandova- sandovala@ltidschools.org

Swimming- Head Coach -

Holly Bowman bowmanh@ltidschools.org

Tennis- Head Coach -

drinkwaterm@ltidschools.org



Last Name	Counselor	Phone	Counselor Email
A-Bz	Jill Mancino	512-533-5809	mancinoj@ltsidschools.org
C-Dr	Velma Gonzalez	512-533-5789	gonzalezv@ltsidschools.org
Du-Gz	Bel Portillo	512-533-6147	portillob@ltsidschools.org
Ha-Jz	Rob Alexis	512-533-6191	alexisr@ltsidschools.org
Ka-Mar	Erin Tristan	512-533-6112	tristane@ltsidschools.org
Mas-Pas	Katy Staggs	512-533-7713	staggsk@ltsidschools.org
Pat-Ron	Tara Edmondson	512-533-6168	edmondson@ltsidschools.org (lead counselor)
Roq-Th	Mindy Smith	512-533-5892	smithmi@ltsidschools.org
Ti-Z	Melody Vest	512-533-6111	vestm@ltsidschools.org
Admin. Asst. Counseling	Emily Brockmeyer	512-533-6114	brockmeyere@ltsidschools.org
At-Risk Coord.(A-K)	PJ Monroe	512-533-5927	monroep@ltsidschools.org
At-Risk Coord.(L-Z)	Jill Escalante	512-533-5791	escalantej@ltsidschools.org
Registrar	Kristine Ziegler (A-J)	512-533-6113	zieglerk@ltsidschools.org
Registrar	Lynn Ballard (K-Z)	512-533-6116	ballardl@ltsidschools.org

[COUNSELORS WEBSITE](#)

Lake Travis Counselor Department

SUMMER EXPECTATIONS



Summer Expectations

- Come in ready to go - that will make a huge difference.
- Stay out of trouble - **stay busy** - remember your athlete handbook code of conduct
- **Summer Challenge** packet - turn in folder
- **Nutrition** is a priority. Please make sure the last 3-4 weeks of summer your athlete eats and hydrates to prepare for the upcoming season.
- **CAVS Course** register on Community Programs [Cavs Course Register Here](#)
- **Open Gym | 4:30-6:30pm**
May 27th & 29th(LTHS) June 2nd & 4th (LTMS) July 28th & 30th (LTMS)
- **Freshman Camp** (Incoming Freshman) | **1:00-4:00pm**
May 27th-29th register at community programs [Freshman Camp Registration](#)
- **Team Camp** (9th-12th) | 1:00pm-4:00pm | July 21st-24th | The Treehouse | Cost \$185
Venmo Felipe @Felipe-Coronel by June 25
Treehouse Gym-15407 Long Vista Drive suite 100 | Austin, Texas 78728 [Registration Link](#)
Bring snacks and water daily

Volleyball Summer Camps Ideas

- College Elite Camps - if you are interested in visiting a campus or meeting specific college coaches.
- Club Camps - Look into skill camps that will prepare you for next year.
- College Club Recruiting Camps - Meet coaches get exposure
- Private Coach - Find the coaches that specialize in your skill. Go find the best! We have lot of contacts and people if you need help.
- Great Lakes Camp (Sports Performance)

<https://greatlakescenter.com/camps/> (schedule next slide)

GREAT LAKES CAMP

- Great Lakes Camp (Sports Performance)

<https://greatlakescenter.com/camps/>

TEXAS CAMP AT ATHLETIC PERFORMANCE CENTER - 4787 OLD HWY 81, NEW BRAUNFELS, TX 78132

CODE	CAMP NAME	DATE	COST	SCHEDULE	GENDER	GRADE
TXAP1	Setting (Intermediate, Advanced)	July 18-20	\$420	Day 1-3: 8:00-11:00 am & 12:00-2:00 pm (All 3 days same schedule)	Co-Ed	7-12
TXAP2	1st Contact (Pass, dig & serve)	July 18-20	\$420	Day 1-3: 2:30-5:30 & 6:30-8:30 pm (All 3 days same schedule)	Co-Ed	7-12
TXAP3	Attack-Pass-Block	July 21-22	\$300	Day 1-2: 8:00-11:00 am & 12:00 - 3:00 pm (Both days same schedule)	Female	8-12

Summer Challenges Accountability Program

LAKE TRAVIS VOLLEYBALL SUMMER CHALLENGES

Each player in the Lake Travis volleyball program is very important to the success of our 2023 season. To stay in the best shape during the 9 weeks of summer it is vital to continue to train and prepare.

We feel like having an accountability system works best with our girls and helps us stay connected throughout the summer break.

Listed below are challenges to keep your conditioning, strength, mental game and community involvement up to our standards of excellence.

Each girl will need to complete each challenge and turn in a pocket folder with all the necessary items.

Items that need to be turned into a pocket folder:

1. Workout Log & Healthy Habit Log
2. Picture and summary of your accountability mirror
3. Picture and summary of your community service
4. Book Study- Chapter Breakdown & End of Book Reflection
5. Self-Reflection Essay- one page essay

CHALLENGE 1: #STAY-ACTIVE (TURN IN)

GOALS: Workout at least 4+ days out of the week, if you're on vacation try to work-out when you can, it is all about balance. Your workouts can be practices, clinics, camps, open gym, cavs course training, etc. Make sure to interval train and do not just go for long jogs. Long jogs will lean you up but it could slow your reaction time down.

Assignment: You will be given a workout log to keep track of how many days you worked out. At the end of each week players will write a summary to indicate what activities they did, what goals they accomplished, struggles they faced, etc.

Lake Travis Volleyball Tips:

1. Find fun activities that require physical activity for example: hiking, safe water activities, goat yoga, bike riding, etc.
2. Call a friend to workout

CHALLENGE 2: #20-MINUTE-WORKOUT (RECORD ON YOUR WORKOUT LOG)

GOALS: Prepare for the 20-minute workout. Goal for returners is under 18:30. Freshman must complete the modified version within 20 minutes.

Assignment: Attempt the 20 minute workout as many times possible so that you are prepared on try-out day to perform. Make sure to record your attempts and times over the course of the summer on your workout log.

CHALLENGE 3: #PLANK-SERIES (RECORD ON YOUR WORKOUT LOG)

GOALS: By the end of the summer, come into season with a strong core to help perform your very best.

Assignment: 2 min Plank Series: Hold a plank for 30 seconds, then lift your right arm out for 10 sec, switch to your left arm for 10 sec, switch to the right leg 10 sec, then left leg 10 sec, now lift left leg & right arm 10 sec, switch to right leg & left arm 10 sec, & return to full plank 30 sec.

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. Keep adding additional abdominal exercises to develop all your core muscles and make the plank pose that much easier.

Lake Travis Volleyball Tips:

- 1) Work the different sections of your abdominal areas. (upper, lower, sides, obliques)
- 2) Make sure to incorporate back and balance exercises
- 3) Feel free to use a stability ball, med ball, etc. to maximize results.

CHALLENGE 4: #AGILITY (RECORD ON YOUR WORKOUT LOG)

GOALS: Increase agility to become quicker, faster, and stronger in your movements on the court.

Assignment: 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 halfway 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 5: #6-4-6 (RECORD ON YOUR WORKOUT LOG)

GOALS: Practice the 6-4-6 and other spring training 3 times a week to become more explosive and prepared for August 1st!

Assignment: 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.

CHALLENGE 6: #CREATING HEALTHY HABITS- (HYDRATING-SLEEPING- CLEAN EATING) (TURN IN)

GOALS: Build healthy habits for a lifetime.

Assignment:

After July 5th, start practicing good habits that will make you feel more prepared for the start of a rigorous volleyball season. Track these 3 habits every day. (View attachment)

- **Habit # 1 Sleep-** Start training your body to sleep 7-10 hours a night. Studies show that sleep has a huge part of your recovery.
- **Habit # 2 Hydration-** Make sure to increase your water intake. Try and drink 70-90 oz of water per day depending on your activity levels.
- **Habit # 3- Clean Eating-** Focus on trying to eat clean foods that grow from the ground. Basic principles of eating clean: eat whole foods, avoid processed foods, eliminate/minimize refined sugars, eat five or six meals a day, cook your own meals, and combine protein with carbs. Increasing proteins with every snack and junk food in moderation.

20 MINUTE WORKOUT

Workout Log & Healthy Habits

LAKE TRAVIS VOLLEYBALL 20 MINUTE WORKOUT

Varsity and JV

Hop Continuous 90 sec

1. Run 400
2. Backward run 6x width of football field
3. Leap frogs 1x width of the field
4. Run back to start 50 jump ropes
5. 10 push ups
6. Run a 200
7. 10 push ups
8. Run a 200
9. 10 push ups
10. Run a 200
11. 10 push ups
12. Run a 200
13. 10 push ups
14. Run a 200
15. 10 Push Ups
16. 5x width of football field
17. Run a 300 – FINISH!

INCOMING FRESHMAN

90 sec

- Run 400 3:00 (goal)
- Backward run 4x width of the football field
- 1x width of the field
- 50 jump ropes
- 10 Push ups
- Run a 200
- 10 Push ups
- Run a 200
- 10 Push ups
- Run a 200
- 10 Push ups
- 300 yard run-FINISH!

Goal for the week:

Monday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption	
Tuesday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption oz	
Wednesday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption oz	
Thursday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption oz	
Friday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption oz	
Saturday	List Activities	Nutrition Notes	Strength	Cardio	Flexibility	Duration
			Hours of Sleep		Water Consumption oz	

Specific Skill Instruction over the Summer

- Summer Strength and Conditioning and Specific Skill Instruction
- Athletes can attend up to 2 hours per week of specific instruction (total between all team sports)
- They are not mandatory
- There is no charge for the instruction
- We would like to work with the incoming freshman





OPEN GYM

SUMMER SCHEDULE

MAY

May 27th
May 29th
4:30-6:30pm LTMS

JUNE

JUNE 17TH, 19TH,
24TH, 26TH
4:30-6:30pm LTMS

JULY

JULY 28TH
30TH
4:30-6:30pm LTMS



WWW.LTVOLLEYBALL.COM



LTVB FRESHMAN CAMP

May 27th-29th

TIMES: 9:30 am -12:30 pm



2025 Schedule

THINGS ARE SUBJECT TO CHANGE

BE PATIENCE AND BE FLEXIBLE

WE ARE GOING TO TRY OUR BEST TO
COMMUNICATE EVERYTHING

GAME SCHEDULE

August thru November is crazy fun- not like
MS (Always check the updated date on the
top)

We practice on holidays

We ask our girls to coach LTYA teams



June - November 2025



[CLICK HERE ~ LTVB FULL CALENDAR 2024](#)

WEEK 1- SCHEDULE:



Lake Travis Volleyball 2025

Week 1 Schedule



<p>Tryout Information @LTHS</p>	<ul style="list-style-type: none"> • Tryout practice gear- LT Gear, MS gear, any Red/Black/White T-shirt, Black Spandex, VB Gear, no club attire or logos • Bring completed summer challenge folder (if new to LT or the district please talk to Coach Boren) • Arrive 30 minutes before practice to check-in & get mentally prepared • We will meet at LTHS Main Gym for each practice session All practices are closed to the public • On Saturday we will have individual meetings via Zoom with each player and parent in the privacy of their home to let you know team placement for the 2025 season.
<p>Friday August 1st</p>	<ul style="list-style-type: none"> • 10th-12th 8:00-10:00 am & 2:30-5:00 pm - Practice/Tryouts • 9th 11:00 am - 1:30 pm - Practice/Tryouts • Seniors 6:00-7:30 pm Zoom meeting with parents <p><i>Returning senior times will be assigned and given to players on Friday morning</i></p>
<p>Saturday August 2nd</p>	<ul style="list-style-type: none"> • 9th-12th 8:00-11:00 am - Practice/Tryouts • 10th-12th 1:00-3:00 pm - Practice/ Tryouts <p>All Team Selections will be via zoom starting from 4:00 pm-8:00 pm (A parents or guardian MUST be present. Times will be assigned and given to players on Saturday morning. We will start with 11th graders, 10th and then 9th graders. Times may vary- we appreciate your patience.)</p>
<p>Sunday August 3rd</p>	<p>Varsity Media Day Pictures & Deadline to order gear!!! Varsity players will need black dresses and black boots for media day.</p>
<p>Monday August 4th</p>	<ul style="list-style-type: none"> • All Teams 9:00 -11:00 am - Practice • Varsity Only 1:00 - 3:00 pm - Practice
<p>Tuesday August 5th</p>	<ul style="list-style-type: none"> • All Teams 9:00 -11:00 am - Practice • Varsity Only 1:00 - 3:00 pm - Practice <p>MANDATORY PARENT MEETINGS- SUB-VARSITY 5:30 -7:00 pm Location: Round Gym MANDATORY PARENT MEETINGS- VARSITY 7:00 -8:00 pm Location: Round Gym <i>(Bring 1 checks- LTHS Payments will cover season meals & equipment. LTVB Booster will cover membership, sponsorships & fan gear. ** Sub-Varsity- Each player will need to bring 2 cases of water which will be used for player meals) **** Varsity- 2 cases of Gatorade- large pack.</i></p>
<p>Wednesday Aug. 6th</p>	<ul style="list-style-type: none"> • All Teams 9:00 - 11:00 am - Practice • Varsity Only 1:00 - 3:00 pm - Practice
<p>Thursday August 7th</p>	<ul style="list-style-type: none"> • All Teams 9:00 - 11:00 am - Practice • Varsity Only 1:00 - 3:00 pm - Practice • All teams 5:00 - 9:00 pm - LOCKIN Team Building <p><i>[Bring your favorite PJ's to change, you can have team pj's or wear the same color.]</i></p>



**SUMMER
CHALLENGE
PACKET**



**MONTHLY
CALANDER**

Lake Travis Volleyball 2025



Summer Schedule

<https://www.ltvolleyball.com/tryouts>

MAY 1ST	VOLLEYBALL MADNESS 4:30-9:00 PM (Fun co-ed tournament for HS students-Incoming Freshman are welcome to come and watch)	CHECK LIST <input type="checkbox"/> Attend Parent Meeting on May 12 th @ CAC 6:30pm <input type="checkbox"/> Freshman Camp (May 27th-29th) Register through LTISD <input type="checkbox"/> Register Strength and Conditioning CAVS Course <input type="checkbox"/> 1st Round Gear Order (returners-no refunds) Due by: 5/22 <input type="checkbox"/> Physical and Rank One paper work in by: 5/22 <input type="checkbox"/> Attend Open Gym (May, June, & July) <input type="checkbox"/> Attend Team Camp <input type="checkbox"/> Attend Tryouts <input type="checkbox"/> Summer Challenge Packet Due By: 8/1
MAY 12TH	TRYOUT MEETING 6:30PM CAC one parent required: season schedules, tryout expectations, booster club info	
MAY 27TH-29TH	FRESHMAN CAMP 1:00-4:00 PM (Register through LTISD community programs-summer camps)	
JULY 21ST-24TH	TEAM CAMP (9TH-12TH) 5185 1pm-4pm Venmo Felipe @Felipe-Coronel by June 25 Bring snacks and water daily Treehouse Gym 15407 Long Vista Drive suite 100 Austin, Texas 78728 Registration Link	
MAY 27TH & 29TH	OPEN GYM LTHS 4:30-6:30pm	
JUNE 2ND & 4TH	LTHS 4:30-6:30pm	
JULY 28TH & 30TH	LTHS 4:30-6:30pm	

**CHECK RANKONE!
MAKE SURE YOUR
PHYSICALS ARE
IN!**



**SIGN UP FOR
CAVS COURSE!**



Friday
August 8th

INTERSQUAD & ALUMNI MATCH

- Varsity Only Practice 12:00 - 2:00 pm
- All teams arrive by 3:30 pm
- Intersquad Matches 4:30 - 6:30 pm Scrimmage (Parents Welcome)
- Alumni Match 7:00 pm Scrimmage (Parents Welcome)

LT INTERSQUAD SCRIMMAGE AUGUST 8TH

LOCATION: LTHS 3322 Ranch Road 620 South Austin, Texas 78738

TIME	ROUND GYM CRT 1	TIME	AUX GYM GYM CRT 2
4:00-4:25	All Teams Warm-up	4:00-4:25	All Teams Warm-up
4:30-4:55	JV VS JV	4:30-4:55	Freshman VS Freshman
5:00 - 5:25	Varsity VS JV	5:00 - 5:25	Flex VS Freshman
5:30 - 5:55	Varsity VS Varsity	5:30 - 5:55	Flex Vs Flex
6:00 - 6:25	JV VS Flex	6:00 - 6:25	Freshman VS Freshman
7:00	Varsity vs Alumni		

Saturday
August 9th

- All Teams 9:00 - 3:00 pm Scrimmage at Lake Travis

**** Parent ONLY Mixer to Follow 6:00 PM Location TBA**

LT SCRIMMAGE AUGUST 9TH

LOCATION: LTHS 3322 Ranch Road 620 South Austin, Texas 78738

TIME	VENUS ROUND GYM CRT 1	TIME	PANOLA VARSITY ROUND GYM CRT 2
9:00-9:30	DRIPPING SPRINGS VS HAYS	9:00-9:50	LAKE TRAVIS VS CEDAR PARK
10:00-10:50	LAKE TRAVIS VS CEDAR PARK	10:00-10:50	DRIPPING SPRINGS VS HAYS
11:00-11:50	DRIPPING SPRINGS VS CEDAR PARK	11:00-11:50	LAKE TRAVIS VS HAYS
12:00-12:50	LAKE TRAVIS VS HAYS	12:00-12:50	DRIPPING SPRINGS VS CEDAR PARK
1:00-1:50	HAYS VS CEDAR PARK	1:00-1:50	LAKE TRAVIS VS DRIPPING SPRINGS
2:00-2:50	LAKE TRAVIS VS DRIPPING SPRINGS	2:00-2:50	HAYS VS CEDAR PARK

TIME	FLEX AUX GYM 2 CRT 3	TIME	FRESHMAN GYM 3 CRT 4
9:00-9:50	DS FLEX VS HAYS FLEX	9:00-9:50	LAKE TRAVIS VS HAYS
10:00-10:50	LT FLEX VS CEDAR PARK	10:00-10:50	DRIPPING SPRINGS VS HAYS
11:00-11:50	DS FLEX VS CEDAR PARK	11:00-11:50	LAKE TRAVIS VS DRIPPING SPRINGS
12:00-12:50	LT FLEX VS HAYS FLEX	12:00-12:50	LAKE TRAVIS VS HAYS
1:00-1:50	HAYS FLEX VS CEDAR PARK	1:00-1:50	DRIPPING SPRINGS VS HAYS
2:00-2:50	LT FLEX VS DS FLEX	2:00-2:50	LAKE TRAVIS VS DRIPPING SPRINGS

SCRIMMAGE REMINDERS

*** COACHES CAN CHANGE FORMAT DURING THE 50 MINUTES

***CONCESSION STAND WILL PROVIDE HOT FOOD OPTIONS

*** WARM-UP BALLS AND WATER JUGS TO REFILL WILL BE PROVIDED ON EACH COURT.

*** HOSPITALITY ROOM WILL BE PROVIDED FOR COACHES & OFFICIALS

PARKING INFORMATION



Lake Travis Volleyball 2025



**Home Game

updated as of 5/8/2025

UPDATED 5/8

PRESEASON

Day	Date	Opponent	Site	Varsity	JV	Flex	9th
Saturday	August 9th	**LT Scrimmage (LT, Cedar Park, Drip, Hays)	Lake Travis	9:00	10:00	10:00	9:00
Tuesday	August 12th	Round Rock	Round Rock	6:30	5:30	5:30	6:30
Thursday - Saturday	August 14th -16th	Texas Volleyball Invitational (Varsity Only)	Pearland, Texas	TBA	-	-	-
Tuesday	August 19th	Buda Johnson	Lake Travis	6:30	5:30	5:30	6:30
Thursday - Saturday	August 21st -23rd	Fraulein Festival Tournament (Varsity Only)	few Braunfels, Texa	TBA	-	-	-

DISTRICT SEASON

Tuesday	August 26th	San Antonio Johnson	SA Johnson	6:30	5:30	5:30	6:30
Thursday - Saturday	August 28th - 30th	VolleyPalooza Tournament (Varsity Only)	Leander, Texas	TBA	-	-	-
Tuesday	September 2nd	Cedar Park	Lake Travis	6:30	5:30	5:30	Off
Thursday & Saturday	September 4th & 6th	Tigerfest Sub-Varsity Tournament	Buda, Texas	-	TBA	TBA	TBA
Friday	September 5th	SA Cornerstone	Lake Travis	6:30	5:15	5:15	6:15
Friday	September 12th	Akins (Homecoming)	Lake Travis	6:45	5:30	5:30	6:30
Tuesday	September 16th	Del Valle	Lake Travis	6:30	5:30	5:30	6:30
Friday	September 19th	Austin High	Austin High	6:30	5:30	5:30	6:30
Tuesday	September 23rd	Dripping Springs	Dripping Springs	6:45	5:30	5:30	6:30
Friday	September 26th	Bowie (LYA Night & Future Cavs)	Lake Travis	6:45	5:30	5:30	6:30
Saturday	September 27th	Hays Sub-Varsity Tournament	Buda, Texas	-	AM	AM	AM
Tuesday	September 30th	Westlake (Staff Appreciation)	Lake Travis	6:30	5:30	5:30	6:30
Tuesday	October 7th	Akins	Akins	6:30	5:30	5:30	6:30
Friday	October 10th	Del Valle	Del Valle	5:30	6:45	6:30	5:30
Tuesday	October 14th	Austin High (Dig Pink & Middle School Night)	Lake Travis	6:45	5:30	5:30	6:30
Friday	October 17th	Dripping Springs	Lake Travis	6:30	5:30	5:30	6:30
Tuesday	October 21st	Bowie	Bowie	6:30	5:30	5:30	6:30
Friday	October 24th	Westlake	Westlake	6:45	5:30	5:30	6:30
Tuesday	October 28th	Legacy Ranch High School (Senior Night & Kardivas Night)	Lake Travis	6:30			

POST SEASON PLAYOFFS

Monday -Tuesday	November 4th - 5th	UIL Bi-District Playoffs (1 match)	TBA	TBA	TBA	TBA	TBA
Thursday - Saturday	November 7th-9th	UIL Area Playoffs (1 match)	TBA	TBA	TBA	TBA	TBA
Monday-Tuesday	November 11th- 12th	UIL Regional Quarterfinals (1 match)	TBA	TBA	TBA	TBA	TBA
Friday - Saturday	November 15th-16th	UIL Regional Tournament (2 matches)	TBA	TBA	TBA	TBA	TBA
Wednesday- Saturday	November 20th-23rd	UIL State Tournament (2 matches)	Garland, TX	TBA	TBA	TBA	TBA

COST FOR 2025







(optional)

- Meals for 9 home matches - \$130.00
- Check out equipment list - \$120-\$220.00
- Join the Booster Club \$250
- Booster Sponsorship - please help secure a sponsor



LTVB Activity Check Out Player From

WELCOME TO LAKE TRAVIS VOLLEYBALL				
PLAYER NAME:				
PLAYER TEAM:				
PARENT NAMES:				
PARENT'S CELL / EMAIL:				
2025 LTHS VOLLEYBALL ORDER FORM				
ITEMS TO ORDER	Size	Qty	Price	Sub Total
REQUIRED STUDENT-ATHLETE GEAR Available Shirt Sizes: Adult - S, M, L, XL				
Uniform (spandex, knee pads, socks and shoes) Deadline: Sunday, August 10th	Order online through the UA portal: https://lake-travis-volleyball.itemorder.com/			
Practice Shirts Deadline: Sunday, August 10th	Order online: https://uniqueprints.printavo.com/merch/ltvb-practice-shirts-store-feb-2024			
Tuesday Match Day Shirt			\$20.00	
Friday Match Day Shirt			\$20.00	
Dig Pink Shirt			\$20.00	
RECOMMENDED ITEM FOR ATHLETES				
Athlete Meals for Home Matches			\$150.00	
PARENTS OPTIONS (This section is for parents, not players.)				
Tuesday Match Day Shirt			\$20.00	
Friday Match Day Shirt			\$20.00	
Dig Pink Shirt			\$20.00	
TOTAL				
Make check payable to: LTHS Check # _____ or Cash _____				
NOTE: Each student-athlete is asked to donate 1 case of bottled water and 1 case of Gatorade . Please bring them to practice.				

WELCOME TO LAKE TRAVIS VOLLEYBALL				
2024 Volleyball Gear & Apparel				
REQUIRED STUDENT-ATHLETE SHIRTS & GEAR				
				Order online through the UA portal: https://lake-travis-volleyball.itemorder.com/
		\$10 each		Order online: https://uniqueprints.printavo.com/merch/ltvb-practice-shirts-store-feb-2024
RECOMMENDED ITEM FOR ATHLETES				
		\$150		Meals for Home Matches. Coaches will coordinate meal orders directly with the student-athletes.
ADDITIONAL T-SHIRT OPTIONS				
		\$20 each		Tuesday Match Day Shirt (white "girly" shirt)
		\$20 each		Friday Match Day Shirt (black "program" shirt)
		\$20 each		Dig for the Cure Shirt for October's Breast Cancer Awareness Match. Sample design is from previous year

Club Talk with Coach Boren

TRYOUTS ARE IN JULY FOR CLUB

Challenge yourself, look at coaching/training,
evaluate your goals

Be competitive

Find a team with good players surrounding you.

Doesn't matter what club you play for!!

VARSITY	JUNIOR VARSITY	FLEX	FRESHMAN
AP	AJV	AP	AP
SAND	SKYLINE	NONE	ROOTS
NONE	AP	AJV	AP
AJV	AJV	AP	AJV
AP	AP	SKYLINE	SKYLINE
NONE	AP	BASKETBALL	NONE
AP	AP	AJV	NONE
AJV	AP	AP	AP
AJV	AJV	NONE	AJV
AP		AP	AP
ROOTS		AP	NONE
SKYLINE		SKYLINE	NONE
AJV		AP	NONE
		AP	AP
			AP

Multi-Sport Athletes are encouraged

1. We will be flexible to make it work
2. All freshman are encouraged to play everything- don't put all of your eggs in one basket
3. Cross Training is so good for the girls
4. Exposing the girls to sand is a positive so they have more opportunities in college. (8 kids to sand scholarships)

Track
Softball
Sand
Basketball
Soccer
Lacrosse
Tennis
Golf

Weight lifting team- In the past
Cheer- 2 years while doing VB
95% play club and play other sports

Immediate Needs



Booster (BOD Contact/Committee Chair)

Each committee chair will need volunteers to help on the day of the event.

- Parent/Coaches Social Mixer (Leanna Dando)
- Staff Appreciation (Debbie Davis)
- Homecoming (Sherri Besecker)
- Dig Pink Night (Sherri Besecker)
- Senior Breakfast (Leanna Dando)
- Senior Night (Melissa Reese)
- LTYA Little Sister Program (Jennifer Cummins)
- Banquet Chair
- DJ in Training (Brian Davis)

Program Team Mom/Dad (1-2 people):

- Varsity Team
- JV Team
- Flex Team
- Freshman Team
- Graphic Designer

OPEN GYM
SUMMER SCHEDULE

MAY	JUNE	JULY
May 27th May 29th 4:30-6:30pm LTHS	JUNE 17TH, 19TH, 24TH, 26TH 4:30-6:30pm LTMS	JULY 28TH 30TH 4:30-6:30pm LTMS

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SAVE THE DATES

Alumni Match	August 8
Social Mixer	August 9
Homecoming	September 12
LTYA Night	September 26
Staff Appreciation	September 30
Dig Pink & MS Night	October 14
Senior Breakfast	October 28
Senior Night	October 28
Banquet	December 8

**SIGN IN
TODAY'S
MEETING**



SCAN ME