

Downingtown East Girls Volleyball 2025



VARSITY COACH: Caitlin Dankanich (cdankanich@dasd.org)
JV COACH: Grant Shieh (gshieh@dasd.org)
FRESHMAN COACH: Bridget Fergus (18bfergus@gmail.com)
VOLUNTEER COACH: Ed Dankanich



Visit the Downingtown East Volleyball Website [here](#) to sign up for tryouts/camps/strength sessions

DE Volleyball Summer/Fall Schedule in [Google Calendar](#)



Important Dates

TRYOUTS: Monday, August 11th & Tuesday, August 12th (times on calendar)

PRESEASON: Wednesday, August 13th- Saturday, August 16th (Saturday is a scrimmage for JV/Varsity)

Scrimmages/Preseason Practices Monday-Friday the following week (August 18-21)

with a Varsity tournament held at East on Friday, 8/22 (JV/Freshman players will volunteer for a 2 hour slot)

SUMMER OPEN GYMS AT DOWNINGTOWN EAST-

For girls planning to try out for East only.

Mondays/Wednesdays 4:30-6 pm, starting June 9th ending the first week of August.

There will be possible clinic sessions the week of August 4th. More details to come later.

STRENGTH/CONDITIONING SESSIONS FROM PHAST-

Monday and Wednesday 3:30-4:20 pm starting Monday, June 9th ending the week of Wednesday, August 6th

(Visit the PHAST website [here](https://philadelphiaareasportstraining.com/) to learn more about the trainers- <https://philadelphiaareasportstraining.com/>)

Cost- \$120 for 18 sessions; Register on the DEVB website

YOUTH CAMP- For any players entering grades 4-9

June 23rd-26th (M-Th), 7th-9th grade: 9 am-12pm , 4th-6th grade: 12:30-3:30pm

Cost- \$130 with all proceeds going to Downingtown East Volleyball; [Register on the DEVB website](#)

PHYSICAL FORM INFORMATION

You **MUST** have a completed sports physical form dated after June 1, 2025 to try out (sorry, no exceptions).

The physical form can be found on the Downingtown East website under Athletics.

This will need to be uploaded to the Family ID portal this summer before tryouts.

Scan the QR code to the right to join the Summer 2025 DEVB Remind group or [click here](#). This will be the main way reminders and schedule changes will be communicated. It also allows players/parents to contact Coach Caitlin easily.

<https://www.remind.com/join/devbsum25>



Tryouts Information

TRYOUTS INFORMATION

- Tryouts will be Monday, August 11th and Tuesday, August 12th. Traditionally cuts are made during tryouts, however every year is different and is dependent on how many athletes try out. If cuts occur they will take place at the end of the tryout sessions and will be done individually and privately. Closed practices will begin following tryouts for the rest of the week daily with a scrimmage for JV/Varsity on Saturday.
- There will be 3 teams- a Varsity Team, a JV team, and a Freshman team. Typically there are about 12-14 players per team, but this varies each year based on the players and positions needed.
- All tryouts will occur at Downingtown East High School in Boyer gymnasium. For tryouts come prepared with sneakers, kneepads, water and healthy snacks.
- You must be present at all tryouts to be considered for the team. Vacation or appointments are not an excuse to miss tryouts. A one time exception can be made for freshmen whose families were not aware of tryouts occurring this early in August. Freshmen who are in this situation must contact Coach Caitlin ahead of tryouts and come to open gyms in the summer to be considered.
- Dedication is required. Once the team is decided practices, scrimmages, and games take place Monday-Saturday. The last regular season game scheduled right now is for mid October. Players on the Freshman team will have a different schedule than the Varsity/JV team which will be communicated to these players by the coach once the teams have been decided.
- On the next pages are the recommended summer workout schedule. If you do not register for the Strength and Conditioning sessions, plan to do at least 3 workouts per week in June and 4 workouts per week in July and August. It is HIGHLY recommended that you work on your strength and conditioning to avoid injuries during tryouts and the season.
- At the high school level sports become increasingly competitive in comparison to middle school sports. If you played at the middle school a larger emphasis was placed on having fun and trying multiple positions. At the high school we like to have fun but also value competition and winning; playing time is never guaranteed and can change year to year based on the athletes that make up the team each year.
- Volleyball is like schoolwork; if you want to succeed you need to learn, study, and put the time in. No one can take a test for you, just like no one can attend or prepare for tryouts for you. Waiting until the last minute to exercise and prepare physically for tryouts may result in injuries and an inability for you to show how talented you really are. Ball control, footwork, and conditioning exercises can be completed without a net, however it does take commitment, determination and self motivation.
- Tryouts will combine strength and conditioning exercises and evaluations along with volleyball drills and competitions. It is evident if players are not prepared physically at tryouts; those players are less likely to make the team because they can't perform at their top level for a sustained period of time.

How to Make Yourself Stand Out

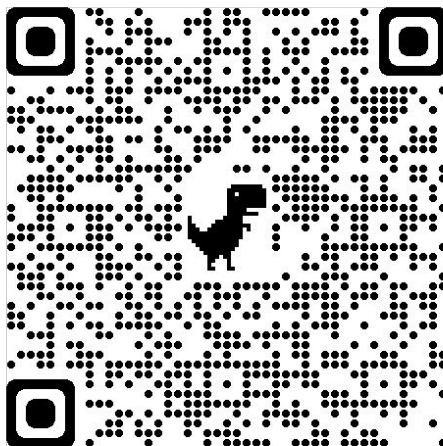
10 things that require zero talent, but coaches notice instantly in open gyms and tryouts that could separate you from someone else with similar skills

1. **Being on time** (Do I let the coach know if I need to be late? Am I doing my best to put on my volleyball gear quickly so I can help set up and get started?)
2. **Work ethic** (Do I do the little things like running my hardest and doing all the reps to my best ability that the coaches ask of me even when I think they aren't looking?)
3. **Effort** (Am I trying my best?)
4. **Body language** (Do I hold my head up ready for the next play, regardless of what just happened?)
5. **Energy** (Do you seem ready to play or tired?)
6. **Attitude** (If you make a mistake, do you shake it off? If a teammate makes a mistake, do you support them?)
7. **Passion** (Are you hustling when you play to try to get every ball? Do you seem genuinely excited to play volleyball?)
8. **Being coachable** (When the coach gives you a suggestion, do I try it out instead of giving an excuse or not trying to fix it?)
9. **Doing extra** (Are you doing the suggested home workouts or workouts with the team?)
10. **Helping with setup/cleanup** (Coaches notice who is helping and who isn't!)

SUMMER WORKOUT INFORMATION

- Please see the calendar on the following pages for information about the exercises you should be completing each day.

Scan the [QR code](#) below for videos that explain how to do each of the Friday lifting exercises.



Ball Handling

While being in shape for the season is crucial, touching a volleyball and getting good contacts is also very important.
Consider adding in ball handling activities throughout the week and attending as many open gyms as possible.

INDIVIDUAL BALL HANDLING ACTIVITIES-

Setting Focus

- 100 mini-sets against a wall (both hands)
- 50 mini-sets against a wall (left hand, both hands, right hand)
- 25 squats while completing mini-sets against the wall

Passing Focus

- 100 passes to yourself or even better against the wall (make a 1 ft square on the wall about 5 feet off the group with painters tape and try to pass to the square each time)
- 30 squat passes (pass the ball to yourself and then touch the ground before you pass the next ball)
- 30 set/pass combinations against the wall

Passing/Setting Combination

- 50 mini-sets against a wall (both hands)
- 25 squats while completing mini-sets against the wall
- 30 pass/set combinations against the wall
- 20 squat passes (touch the ground after each pass)

PARTNER BALL HANDLING ACTIVITIES-

- Set to self, set to partner
- Pass to self, pass to partner
- Pepper- pass, set, hit at partner
- Pass to self, hit at partner
- Practice serving to your partner, partner passes to self, then catches and serves back

The more touches you get on a volleyball this summer, the better!

Visit the [DEVB website](#) to see Summer playing opportunities as well!

People notice people
working hard!

-Russ Rose, Former Penn State Women's Volleyball Coach

*Lifting sessions at East would replace 2 workouts per week.

JUNE 2025

*Goal- Complete at least 3 workouts per week in June!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Last Day of School!	6	7
8 Week 1	9 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Lunges- 2 sets (8x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x)	10 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	11 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Power Skips- 20-yds (10x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x)	12 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	13 (All lifting exercises -3 sets of 10) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	14
15 Week 2	16 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Lunges- 2 sets (8x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x)	17 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	18 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Power Skips- 20-yds (10x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x)	19 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	20 (All lifting exercises -3 sets of 10) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	21
22 Week 3	23 Youth Volleyball Camp @East 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Power Skips- 20-yds (10x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x) 3:30-4:20 Lifting No open gyms this week!	24 Youth Volleyball Camp @East 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	25 Youth Volleyball Camp @East 5 min jog Jump rope (1 min) Sprints- 20-yds (10x) Lunges- 2 sets (8x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x) 3:30-4:20 Lifting No open gyms this week!	26 Youth Volleyball Camp @East 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	27 (All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	28 DEAST Youth Volleyball Camp Mon-Thurs 9-3:30pm
29						

*Lifting sessions at East would replace 2 workouts per week.

JULY 2025

*Goal- Complete at least 4 workouts per week in July!

SUN	MON	TUE	WED	THU	FRI	SAT
29 Week 4	June 30 3:30-4:20 Lifting 4:30-6 Open Gym 5 min jog Jumprope (2 sets of 1 min) Sprints- 20-yds- (2 sets of 8) Power Skips- 20-yds (2 of 8x) Crunches (2 of 35x) Push-ups (2 of 10x) Plank- 30 sec (4x)	July 1 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	2 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Lunges- (2 of 12x) Crunches (2 of 40x) Push-ups (2 of 12x) Plank- 30 sec (5x)	3 (All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	4 Happy 4th of July!	5
6 Week 5	7 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Lunges- (2 of 15x) Crunches (2 of 40x) Push-ups (2 of 12x) Plank- 45 sec (3x)	8 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	9 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Power Skips- 20-yd (2 of 10x) Crunches (2 of 40x) Push-ups (2 of 12x) Plank- 45 sec (3x)	10 25 jumping jacks 25 squats without weights 30 second line hop front/back 30 second line hop side to side 30 second line hop each foot 25 superman holds 25 block jumps	11 (All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	12
13 Week 6	14 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Lunges- (2 of 15x) Crunches (2 of 40x) Push-ups (2 of 12x) Plank- 45 sec (3x)	15 30 jumping jacks 30 squats without weights 45 second line hop front/back 45 second line hop side to side 45 second line hop each foot 30 superman holds 30 block jumps	16 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Power Skips- 20-yd (2 of 10x) Crunches (2 of 40x) Push-ups (2 of 12x) Plank- 45 sec (3x)	17 30 jumping jacks 30 squats without weights 45 second line hop front/back 45 second line hop side to side 45 second line hop each foot 30 superman holds 30 block jumps	18 (All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	19
20 Week 7	21 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Lunges- (3 of 15x) Crunches (3 of 30x) Push-ups (3 of 12x) Plank- 60 sec (3x)	22 30 jumping jacks 30 squats without weights 45 second line hop front/back 45 second line hop side to side 45 second line hop each foot 30 superman holds 30 block jumps	23 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (3 sets of 1 min) Sprints- 20-yds- (2 of 10x) Power Skips- 20-yd (3 of 10x) Crunches (3 of 30x) Push-ups (3 of 12x) Plank- 60 sec (3x)	24 30 jumping jacks 30 squats without weights 45 second line hop front/back 45 second line hop side to side 45 second line hop each foot 30 superman holds 30 block jumps	25 (All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	26
27 Week 8	28 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (2x, 1 min) Sprints- 20-yds- (2 of 8x) Lunges- (3 of 15x) Crunches (2 of 35x) Push-ups (3 of 10x) Plank- 60 sec (3x)	29 35 jumping jacks 35 squats without weights 60 second line hop front/back 60 second line hop side to side 60 second line hop each foot 35 superman holds 35 block jumps	30 3:30-4:20 Lifting 4:30-6:00 Open Gym 5 min jog Jumprope (2 sets of 1 min) Sprints- 20-yds- (2 sets of 8) Power Skips- 20-yds (2 of 8x) Crunches (2 of 35x) Push-ups (3 of 10x) Plank- 60 sec (3x)	31 35 jumping jacks 35 squats without weights 60 second line hop front/back 60 second line hop side to side 60 second line hop each foot 35 superman holds 35 block jumps	Aug 1 (All lifting -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	2

*Lifting sessions at East would replace 2 workouts per week.

AUGUST 2025

*Goal- Complete at least 4 workouts per week!

SUN	MON		TUE	WED	THU	FRI	SAT
3 <div>Week 9</div>	4	3:30-4:20 Lifting Possible clinic today- more details about time to come!	5	6	7	8	9
	5 min jog Jumprope (2x, 1 min) Sprints- 20-yds- (2 of 8x) Lunges- (3 of 15x) Crunches (2 of 35x) Push-ups (3 of 10x) Plank- 60 sec (3x)		35 jumping jacks 35 squats without weights 60 second line hop front/back 60 second line hop side to side 60 second line hop each foot 35 superman holds 35 block jumps	5 min jog Jumprope (2 sets of 1 min) Sprints- 20-yds- (2 sets of 8) Power Skips- 20-yds (2 of 8x) Crunches (2 of 35x) Push-ups (3 of 10x) Plank- 60 sec (3x)	35 jumping jacks 35 squats without weights 60 second line hop front/back 60 second line hop side to side 60 second line hop each foot 35 superman holds 35 block jumps	(All lifting exercises -3 sets of 12) 25 jumping jacks Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises	
10 <div>Tryouts/ Preseason Week 1</div>	11	12	13	14	15	16	
	Tryouts Day 1 2pm-6pm Bring a healthy snack and water bottle each day this week!	Tryouts Day 2 9:30-11:30 am 3:30-6 pm Players will know if they have made the team by the end of the session.	Preseason Practice 2 pm-6pm The following times starting August 14th on the schedule are for Varsity/JV. The 9th grade team will get a separate schedule.	Preseason Practice 2pm-5:30pm Parent Meeting Varsity/JV only- 5:30	Preseason Practice 9:30 am -12 pm Practice- 9:30-11, Scoring clinic 11-12 pm	Scrimmage Home vs. Upper Merion *JV starts at 10:00 with Varsity to follow	
17 <div>Preseason Week 2</div>	18	19	20	21	22	23	
	Preseason 3:30-6 pm	Preseason 3:30-5:30 pm	Scrimmage Home vs. Villa Maria *JV starts at 3:30pm with Varsity to follow	Preseason 3:30-5:00	Cougar Kickoff Varsity Tournament @East JV/Freshman players are expected to help work for a 2 hour time slot.	No practice	
24/31 <div>Regular Season Wk1</div>	25	26	27	28	29	30	
	First Day of School Practice 3:15-5:00	Away Match vs. Strath Haven *JV starts at 3:30 with Varsity to follow	Practice 3:15-5:00	Away Match vs. Perkiomen Valley *JV starts at 3:30 with Varsity to follow	No practice	Labor Day Weekend	