

# Downingtown East Girls Volleyball 2026



**VARSITY COACH:** Caitlin Dankanich ([cdankanich@dasd.org](mailto:cdankanich@dasd.org))

**JV COACH:** Grant Shieh ([gshieh@dasd.org](mailto:gshieh@dasd.org))

**FRESHMAN COACH:** Bridget Fergus ([18bfergus@gmail.com](mailto: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 17th & Tuesday, August 18th (exact times to be communicated to those who register)

**PRESEASON:** Wednesday, August 19th- Saturday, August 16th (Saturday is a scrimmage for JV/Varsity)

Scrimmages/Preseason Practices Monday-Friday the following week

### **SUMMER OPEN GYMS AT DOWNINGTOWN EAST-**

For girls planning to try out for East only.

Mondays/Wednesdays 4:30-6 pm, starting June 10th ending the first week of August.

### **STRENGTH/CONDITIONING SESSIONS FROM PHAST-**

Monday and Wednesday 3:30-4:20 pm at Downingtown East (weight room and gym)

starting Wednesday, June 10th ending the first week of August

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

**Cost-** \$120 for 17 sessions; Register on the DEVB website

### **YOUTH CAMP-** For any players entering grades 4-9

July 20th-23rd (M-Th), 7th-9th grade: 9 am-12pm , 4th-6th grade: 12:30-3:30pm

**Cost-** \$135 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 May 1, 2026 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 2026 DEVB Parent Square 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.parentsquare.com/groups/join/ebs1bf5fwi>



# \*Tryouts Information\*

## **TRYOUTS INFORMATION**

- Tryouts will be Monday, August 17th and Tuesday, August 18th. Traditionally cuts are made during tryouts, however every year is different and is dependent on how many athletes try out. 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\*

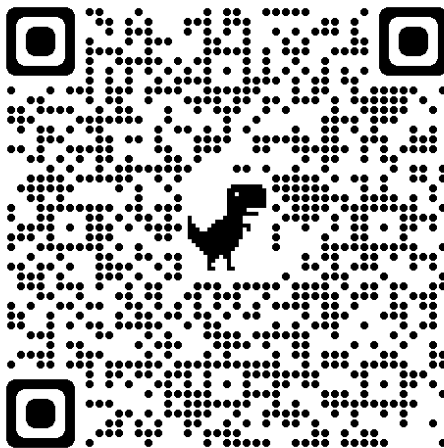
**10 things that require zero talent, but coaches notice instantly in open gyms and tryouts that could separate you from someone else with similar skills**

- 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 lifting exercises.



## \*Home Workouts\*

Lifting sessions at East would replace 2 workouts per week. Working out helps you to avoid injury and to compete at your best. Your goal should be to complete at least 3 workouts per week in June and at least 4 workouts per week in July and August to prepare for the season.

<b>WEEKS 1-3 WORKOUTS:</b>		
<b>Days 1 &amp; 3</b>	<b>Days 2 &amp; 4</b>	<b>Do two days of Lifting- 3 sets of 15 (increase dumbbell weights as you get stronger)</b>
5 min jog Jumprope (1 min) Sprints- 20-yds (10x) Lunges- 2 sets (8x) Crunches (50x) Push-ups (15x) Plank- 30 sec (3x)	25 jumping jacks 25 squats without weights 30 second line hop front/back (2x) 30 second line hop side to side (2x) 30 second line hop each foot (2x) 25 superman holds 25 block jumps	25 jumping jacks warmup Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises Lunges with dumbbells

<b>WEEKS 4-6 WORKOUTS:</b>		
<b>Days 1 &amp; 3</b>	<b>Days 2 &amp; 4</b>	<b>Do two days of Lifting- 3 sets of 15 (or go up in weight and do fewer reps of each)</b>
5 min jog Jumprope (1 min) Sprints- 20-yds (10x) Lunges- 3 sets (8x) Crunches (2 sets of 35) Push-ups (2 sets of 15) Plank- 45 sec (3x)	30 jumping jacks 30 squats without weights 45 second line hop front/back (2x) 45 second line hop side to side (2x) 45 second line hop each foot (2x) 30 superman holds 30 block jumps	30 jumping jacks warmup or 1 min jumprope Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises Lunges with dumbbells

<b>WEEKS 7-10 WORKOUTS:</b>		
<b>Days 1 &amp; 3</b>	<b>Days 2 &amp; 4</b>	<b>Do two days of Lifting- 3 sets of 15 (or go up in weight and do fewer reps of each)</b>
5 min jog Jumprope (2x, 1 min) Sprints- 20-yds- (12x) Lunges- (3 of 15x) Crunches (3 of 30x) Push-ups (3 of 10x) Plank- 60 sec (3x)	35 jumping jacks 35 squats without weights 60 second line hop front/back (2x) 60 second line hop side to side (2x) 60 second line hop each foot (2x) 35 superman holds 35 block jumps	35 jumping jacks warmup or 1 min jumprope Overhead shoulder press Tricep curls Shoulder raises Chest press Bent-over chest fly (for back) Squats Calf raises Lunges with dumbbells

Scan the [QR code](#) for videos that explain how to do each of the 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 2026

\*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 Week 1	8	9	10 3:30-4:20 Lifting 4:30-6:00 Open Gym	11	12	13
14 Week 2	15 3:30-4:20 Lifting 4:30-6:00 Open Gym	16	17 3:30-4:20 Lifting 4:30-6:00 Open Gym	18	19	20
21 Week 3	22 3:30-4:20 Lifting 4:30-6:00 Open Gym	23	24 3:30-4:20 Lifting 4:30-6:00 Open Gym	25	26	27
28 Week 4	29 3:30-4:20 Lifting 4:30-6:00 Open Gym	30	July 1 3:30-4:20 Lifting 4:30-6:00 Open Gym	2	3	4

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

# JULY 2026

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

SUN	MON	TUE	WED	THU	FRI	SAT
5 <b>Week 5</b>	6 3:30-4:20 Lifting 4:30-6:00 Open Gym	7	8 3:30-4:20 Lifting 4:30-6:00 Open Gym	9	10	11
12 <b>Week 6</b>	13 3:30-4:20 Lifting 4:30-6:00 Open Gym	14	15 3:30-4:20 Lifting 4:30-6:00 Open Gym	16	17	18 U15-18 Club Volleyball Tryouts
19 <b>Week 7</b>	20 Youth VB Camp at East 3:30-4:20 Lifting No open gym!	21 Youth VB Camp at East	22 Youth VB Camp at East 3:30-4:20 Lifting No open gym!	23 Youth VB Camp at East	24	25 DEAST Youth Volleyball Camp Mon- Thurs 9-3:30pm
26 <b>Week 8</b>	27 3:30-4:20 Lifting 4:30-6:00 Open Gym	28	29 3:30-4:20 Lifting 4:30-6:00 Open Gym	30	31	2

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

# AUGUST 2026

\*Goal- Complete at least 4 workouts per week!

SUN	MON	TUE	WED	THU	FRI	SAT
2 Week 9	3 3:30-4:20 Lifting 4:30-6:00 Open Gym	4	5 3:30-4:20 Lifting 4:30-6:00 Open Gym	6	7	8
9 Week 10	10	11	12	13	14	15
16 Preseason Week 1	17 <b>Tryouts Day 1</b> Times are tentative for this week and will be communicated before tryouts. 9:30-11:30 am 3:30-6 pm	18 <b>Tryouts Day 2</b> 3:30-6 pm	19 <b>Preseason Practice</b> 3 pm-6pm The following times starting August 20th on the schedule are for Varsity/JV. The 9th grade team will get a separate schedule.	20 <b>Preseason Practice</b> 3pm-5:30pm Parent Meeting Varsity/JV only- 5:30	21 <b>Media Day/ Preseason Practice</b> 9:30 am-12:30 pm Media Day- Seniors 9-9:40 Media Day- JV/V 9:40-10:30 Practice- 10:30-11:45 Scoring clinic 11:45-12:30 pm	22 <b>Scrimmage Away vs. Upper Merion</b> *JV starts at 10:00 with Varsity to follow
23 Preseason Week 2	24 Practice 3:30-6:00	25 <b>First Day of School!</b> Practice 3:15-5:00	26 Practice 3:15-5:00	27 Practice 3:15-5:00	28 <b>JV Practice</b> 3:15-5:00 Varsity- driving to Central Dauphin scrimmage tournament	29 <b>Varsity @ Central Dauphin tournament</b>
30 Regular Season Wk 1	31 Practice 3:15-5:00	Sept. 1 Away vs. Wilson	2 Practice 3:15-5:00	3 <b>Home Match vs. Strath Haven</b> *JV starts at 3:30 with Varsity to follow	4 Away vs. Mt. St Joseph	5 Labor Day Weekend