

# Bruin Volleyball Summer Opportunities

**HARD WORK ALWAYS PAYS OFF, WHATEVER YOU DO.**  
-DUSTIN LYNCH

As summer approaches, I am excited to offer several opportunities for athletes to enhance their volleyball skills and overall athletic development. Off-season training plays a crucial role in preparing for tryouts and contributing to the team during the regular season. While participation in these summer activities is optional and not required to try out, it is highly encouraged. Please note that the Capital High School volleyball program is a cut sport, meaning not all athletes who try out will make a team.

## Open Gyms

**Runs from June 15th to July 31st.**

Any schedule changes or cancellations will be communicated through the Team Reach app (sign-up details below).

**Tuesday & Thursdays: 8:30 AM – 10:30 AM**

- (subject to change based on gym availability).
  - Mondays 8:30am-10:30am
- Setter/Positional Workouts will be posted weekly.

## Strength Training

- Focus on weights, plyometrics, core work, speed, and agility training.
- Helps athletes prepare for the season and reduce injury risk.
- **Schedule:**
- Monday – Friday, **6:00 AM – 8:00 AM**
- Runs from June 15th to July 31st

## Bruin skills camp

**Dates: July 20– 23**

- 9th–12th: 9:00am–12:00pm
- 6th–8th: 1:00pm–4:00pm
- 3rd–5th: 5:00–7:00pm

**Capital High Gym**  
**100 Valley Dr.**  
**Helena, MT. 59601**



## Stay connected

I strongly encourage all athletes to attend camps, participate in tournaments, and take advantage of as many opportunities as possible to improve their skills throughout the summer. My staff and I are excited to work with each of you and help you prepare for the upcoming season.

**Instagram:** Bruin\_Volleyball

**Facebook:** Capital High Bruin Volleyball

**Team Communication:** All summer updates will be sent through

**Team Reach: CHS 2026 SUMMERVBALL**

**CODE: CHSVBALL2026.**

**Weekly Agenda:** A Weekly agenda will be available each week on Team Reach.

## MANDATORY TRYOUTS

Tryouts for the **2026 season begin Friday, August 14.**

**Attendance is mandatory** for **ALL** participants during tryouts. Each athlete must provide:

- A **completed physical form.**
- A **signed concussion form.**
  - Forms must be turned in by or on the first day of Tryouts (August 14).
  - All required forms are available on the **MHSA website.**
  - Online registration will be available starting middle of June.

# Bruin Volleyball Tryouts 2026

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  - Forms must be turned in by or on the first day of Tryouts (August 14).
  - All required forms are available on the **MHSA website.**
  - Online registration will be available starting middle of June.

## FRESHMAN

Friday  
August 14th

8:00am - 9:15am:  
Physical Testing  
9:30am - 11:30am:  
Skills Practice

Saturday  
August 15th

11:00am - 1:00pm:  
Skills Practice  
1st round of cuts will follow  
practice

Monday  
August 17th

10:00am - 12:00pm:  
Skills Practice  
2nd round of cuts (if needed)

## SOPH-SENIOR

Friday  
August 14th

8:00am - 9:30am:  
Physical Testing  
2:00pm - 4:00pm:  
Skills Practice

Saturday  
August 15th

8:00am - 10:00am:  
Skills Practice  
2:00pm - 4:00pm:  
Skills Practice and cuts

Monday  
August 17th

8:00-10:00am  
Practice  
2:00pm - 4:00pm: Practice  
\*Possible Cuts if needed

Online registration for tryouts is available starting in June! Please note that attendance at tryouts is **mandatory**, and all athletes must have a signed physical and concussion form prior to the first practice.

Participation in tryouts will not be allowed without these completed forms.

**Coach Amestoy**  
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