

We are excited to have your son or daughter in our Panther athletic program. Below is some information to help you plan and be aware of the opportunities we have available over the summer.

Performance Course: This is a strength and conditioning camp ran by some of the best professionals in the training business. They train MANY athletes across the state of Texas and especially in the metroplex. This is an overall strength and conditioning camp and not sport specific. Information and sign ups available on VAISD website on athletics page. Any questions, please email mmiller@vanalstyneisd.org.

Skills training: The UIL is allowing schools to have sport specific practice or skills training for incoming 7th-12th graders over the summer. There is a 2 hour limit per athlete per week that we will follow. Due to some maintenance at VAMS and construction at Panther Stadium we will need to utilize the facilities at both VAMS and VAHS. We will provide a bus to transports any athletes to and from the high school/ATC to VAMS. Any questions, please email mmiller@vanalstyneisd.org.

Each of our coaches are big believers in the benefits athletes receive from playing multiple sports. We do our best to schedule events outside of our seasons so that kids can continue to develop in many skill settings. Open gyms, 7 on 7, summer leagues, team camps etc are all scheduled so we can provide these opportunities with minimal to no conflicts with other school sports.

Once again if you have any questions, please let us know. We are here to help.

INCOMING 7TH AND 8TH:

Boys:

Football: 9:00-9:30am at VAMS (due to construction at Panther Stadium)

Basketball: 9:00-9:30am at VAMS

- Athletes that play both football and basketball will go to football Mon thru Weds and basketball on Thursdays.
- Kids that play only one sport will go with that sport all 4 days.
- We will bus all the boys to the ATC for Performance Course. Those not attending Performance Course can be picked up at the ATC.
- In case of inclement weather we will be in a gym for football and basketball.
- Football players can wear cleats (not required) to skills but will need tennis shoes for Performance Course and basketball skills.

Girls:

Volleyball: 9:00-9:30am at VAHS

Basketball: 9:00-9:30am at VAHS

**Athletes that play both volleyball and basketball will go to volleyball Mon thru Weds and basketball on Thursdays. Kids that play only one sport will go with that sport all 4 days.

Performance Course will start at 9:45am so the girls can walk from VAHS to the ATC for Performance Course. A bus will provided in the case of inclement weather.

INCOMING 9TH-12TH GRADE BOYS AND GIRLS:

Football: 9:45-10:15 @ VAMS (due to construction at Panther Stadium). Transportation provided from ATC to VAMS

Volleyball: 9:45-10:15 **Location will change every other week between VAMS and VAHS due to construction and rotating with girls basketball, boys basketball and volleyball.

Boys/Girls Basketball: 9:45-10:15 **Location will change between VAMS and VAHS every other week due to construction and rotating with girls basketball, boys basketball and volleyball. Calendar has gym sites for each group and will be sent via REMIND 101.

Kids that play only one sport will go with that sport all 4 days

We will provide transportation for any group going to VAMS. Pick up will be at VAMS.

This information is also available on the district website in calendar form. www.vanalstyneisd.org, click on athletics.