



US Volleyball 2022 – 2023

Interested in trying out for the SAA Volleyball Team?! This document contains information regarding tryouts, the different teams, summer training, etc. If you have questions regarding SAA Volleyball, please reach out to Coach Jared at the email or phone number below. Please go to our [SAA Athlete Registration Information Page](#) to get more information about registering for the fall season. Thank you! Go Stars!

1. Tryout Dates: Tryouts will be held the week after Memorial Day on the following dates and corresponding times:

- Tuesday 6/1: 9:00 am – 11:30 am (Doors to the gym will open 1 hour prior)
- Wednesday 6/2: 9:00 am – 11:30 am (Doors to the gym will open 1 hour prior)
- Thursday 6/3: 9:00 am - 10:30 am (Doors to the gym will open 1 hour prior)

2. Tryout Evaluations: Following Thursday 6/3's tryout, all players are expected to remain in the gym and go through the evaluation process with the coaching staff. At that time players will find out what team they made or if they will be cut. Players will be given their areas of strength and areas of growth from the tryout through an honest conversation between player and coaches. Players will have a chance to ask questions and get all relevant information for the upcoming season if they make the team.

3. June Training Schedule: This is a competitive high school volleyball program. When it is "our time" to start training all players are fully expected to be there. With that in mind, June will consist of open gyms and optional, but highly encouraged, workouts designed to get players in shape, increase conditioning, and maximize explosiveness before we start our mandatory summer training program. It is highly encouraged that players take all vacations, trips, jobs, service projects, etc in the month of June. Once we start our first official practice, as stated before, all players are fully expected to be there. "If you are not in the gym working hard... someone else is..." A more detailed June schedule made up of the open gyms and workouts will be given to players following tryout evaluations.

4. Summer Training Program: Our first mandatory practice will be Monday July 12. Times are still being worked out and will be distributed once they are finalized. Varsity and JV will practice Monday through Friday and Freshmen will practice Monday through Thursday. Varsity and JV will go to a team camp in Brentwood, TN, July 23 – 24. Details for that will be given out at a later date. We will also be conducting two additional camps here at SAA on campus. One camp will be for 5th – 8th graders where players and coaches of the high school program will conduct training sessions for middle school players. Another camp we will have will be with Whitehaven High School. Details on both of those camps will be distributed at a later date when the details have been worked out. As stated before, this is a competitive high school program and we take our summer training program seriously! All players are fully expected to be present at all practices, workouts, camps, etc.

I believe that is all for now! If you have any questions, please don't hesitate to reach out to me directly. I will be happy to answer any questions you may have!

Thank you! Go Stars!

Best,

Coach Jared

Jared Marks

Head Varsity Volleyball Coach

jmarks@saa-sds.org

(412) 523-7288

US Soccer 2022 - 2023

Registration link: [SAA Athlete Registration Information Page](#)

Please see the following information for SAA US Soccer:

2022 Soccer Summer Dates/Times:

<i>June 7th & 8th</i>	<i>7:00 - 9:00am</i>	<i>Tryouts</i>
June 11th	8:30 - 10:00am	Open Play/Workouts
June 13th	7:30 - 9:00am	Open Play/Workouts
June 14th	7:30 - 9:00am	Open Play/Workouts
June 16th	7:30 - 9:00am	Open Play/Workouts
June 18th	8:30 - 10:00am	Open Play/Workouts
June 20th	7:30 - 9:00am	Open Play/Workouts
June 21st	7:30 - 9:00am	Open Play/Workouts
June 23rd	7:30 - 9:00am	Open Play/Workouts
June 25th	8:30 - 10:00am	Open Play/Workouts

6/27 thru 7/10 TSSAA Dead Period

July 11th	7:30 - 9:00am	Open Play/Workouts
July 12th	7:30 - 9:00am	Open Play/Workouts
July 14th	7:30 - 9:00am	Open Play/Workouts
July 16th	8:30 - 10:00am	Open Play/Workouts
July 18th	7:30 - 9:00am	Open Play/Workouts
July 19th	7:30 - 9:00am	Open Play/Workouts
July 21st	7:30 - 9:00am	Open Play/Workouts
July 23rd	8:30 - 10:00am	Open Play/Workouts

Starting on July 25th, US Soccer will practice Monday thru Friday 7:00-9:00 AM until school starts.

If you have questions about the SAA US Soccer program, please reach out to head coach, Bobby Ireland.

Contact info:

Bobby Ireland - Varsity Head Coach

Phone: 901-435-5860

Email: bireland@saa-sds.org

US Cross Country 2022-2023

Registration: Please go to the [SAA Athlete Registration Information Page](#) to see all information related to registering for a fall season sport.

US Cross Country will begin its optional summer training tentatively on June 13th. Practices will be at Shelby Farms. Coach Mathis will reach out with more specific details as the summer training approaches. Contact Coach Jay Mathis with any specific questions.

Coach Jay Mathis

Head Varsity Cross Country Coach

jmathis@saa-sds.org

US Golf 2022-2023

Registration: Please go to the [SAA Athlete Registration Information Page](#) to see all information related to registering for a fall season sport.

US Golf practices will begin the first week of August. If you are interested in playSAA Athlete Registrationing SAA Golf, please contact Coach Cynthia Giannini.

Coach Cynthia Giannini

Head Golf Coach

cgiannini@saa-sds.org