

July 16, 2010

Volleyball Girls,

I hope you have had a great summer! The 2010 volleyball season is upon us - hopefully you have been preparing for this time. I am EXCITED about the upcoming season - after watching you play this summer at open gym, 9th grade camp, and even Nationals at Reno, I can't wait to see it all put together on August 2nd. I wanted to touch base with you on a few details so you will be ready for the weeks to come.

- 1) Elite Camp is from 8-12 on the mornings of July 26th - 29th. This is an opportunity for me to evaluate you within the context of our entire program. Coach Hollie Smith (now Hollie Huston - she got married last week!) will be running the camp for the 3rd year - she does a great job of putting on a camp that is both challenging/tough and fun. You can find the registration form on our volleyball website - ladycavsvolleyball.com - bring it and payment on the first day of camp if you have not already sent it in.
- 2) Our volleyball season officially starts on August 2nd - you will find a 2-a-days schedule attached. Attendance at these practices is mandatory, as we need every opportunity to assess your skills - there are over 80 girls signed up for volleyball!
- 3) You must have all paperwork turned in BEFORE your first workout on Monday morning. Any practices missed, for any reason, will have to be made up, so make sure you have your physical done before we get started. Each player must have the physical form completed by a doctor and all other forms completed by her parent. You can find all of the forms on the volleyball website for download. Come early enough on Monday to get paperwork squared away and be ready at 7:30.
- 4) We will be kicking off this season with a mile run on Monday morning at 7:30. We will meet in the gym and then jog together to the track - if you complete your mile in less than 8 minutes, you are done! If your run lasts more than 8 minutes, you will continue to run it each morning before our first workout until you make the time. I wanted for us to run at the end of practice, but it is simply too hot, so we will run early and take advantage of the cooler temperatures.
- 5) Teams will be placed after our Wednesday afternoon practice. We will be having a booster club/parents' meeting on Thursday, August 5th at 6:30 pm.

SO - put the bag of Doritos down, get off the couch, and get moving! You will want to be at your absolute best for the tryouts - this is going to be an incredible season, and I want you to be a part of it!

E-mail me if you have any questions - communication is key for me☺. I will see you on the 2nd!

Thanks,

Coach Green

greenj@ltisdschools.org

ladycavsvolleyball.com

817-913-5296