

June, 2017

Dear Potomac Volleyball Players and Families,

Welcome to the 2017 season! Last year, our first Varsity season, brought more challenging competition, harder work, and a focus on strength and technical skill. It also included amazing highlights, such as beating Sidwell Friends at home and graduating our first five seniors from the program. This year we will be fielding both a Varsity and JV team and will be competing in the ISL A division for the second year. In the face of this greater competition, we hope to continue to improve our skills, to expand our teams and community support, and to make a name for ourselves as a volleyball program.

## **Summer Schedule**

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Part of our commitment to bettering our skills and competing with teams at the Varsity level is to put in plenty of work in the off season. The following are opportunities to play this summer before the official start of pre-season:

### Summer Practice

We will hold two weeks of summer practice this year. Unless travel, work, or family commitments conflict, these sessions are mandatory for returning Varsity players, and highly encouraged for any returning JV players. They are also open to any players who are new to Potomac or to our program. These sessions will focus on individual skill building, team strategy, and increasing volleyball IQ. They will be held:

**Tuesday June 27th through Friday June 30th - 3:30 to 5:30 PM in Chester Gym**

**Monday July 24th through Friday July 28th - 3:30 to 5:30 PM in Chester Gym**

### Open Gyms

Starting in August and continuing through the official start of pre-season, there will be open gyms held. These sessions are informal and no coaching will take place (per ISL rules). However, they are a great chance to get some extra touches in before tryouts and to meet some current volleyball players if you are new!

## **Pre-Season Schedule**

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This year, the official start of pre-season play is Monday August 21st. **Tryouts will be held Monday August 21st through Wednesday August 23rd, 3:30 to 5:30 PM in Chester Gym.** If needed, tryouts might be extended to Thursday or Friday, but Varsity and JV teams will be chosen by Friday August 25th at the latest. Typically, we will already be playing our first scrimmages during the next week or the week after (first week of school). Practices will continue from 3:30 to 5:30 PM, Monday through Friday throughout the season. Please note that there are one or two Saturday commitments during the season. These dates will be made available as soon as possible.

## **Conditioning and Equipment**

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Even if volleyball is a new sport for you, you can still ready yourself for the season by strengthening and conditioning your body over the summer. We will spend time throughout the season maintaining a competitive level of conditioning, but it will be easier to transition to playing every day if you are already in shape. Volleyball is a fast-paced and explosive sport. It is also a sport of strong legs, core, and arms, so choose your favorite exercises to strengthen those areas and stick with them throughout the summer. Returning Varsity players will be

expected to follow a training plan and will receive that plan by the end of the school year. If JV players or new players would like access to that plan, please let me know.

Please come to our first practice prepared to play. You should have kneepads, which can be purchased at most sporting goods stores, and a sturdy pair of court shoes. Volleyball shoes are recommended but not required. If you choose not to wear volleyball shoes, make sure your shoes are sturdy cross-trainers with support as rolled ankles are a common volleyball injury.

## **Coaching Staff**

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We are excited to have all of our coaches from last year returning to help us this year and look forward to the energy and knowledge they each bring to the program. In addition to our returning coaches, we are looking to hire one or two more assistants to round out our coaching staff.

### **Meaghan Caruso - Head Varsity Coach**

mcaruso@potomacschool.org

Cell Phone: 615-440-8881

### **Sarah Gardner - Head Junior Varsity Coach**

sgardner@potomacschool.org

### **Jenna Hoogstra - Assistant Coach**

jhoogstra@potomacschoo.org

### **Ben Buursma - Assistant Coach**

bbuursma@potomacschool.org

## **Expectations**

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- Be on time to practice and ready to begin warming up at 3:30
- Be a helpful contributor to the team (all girls are asked to help shag balls, put up and take down the net, and stow equipment)
- Be encouraging and positive with your fellow teammates
- Be focused, attentive, and ready to work hard at practice
- Contact your head coach if you are not able to make practice or must come late/leave early for any reason

Feel free to contact me any time if you have questions about the upcoming season, or if you would like to:

- *Sign up for summer practice sessions*
- *Get on our open gym email list*
- *Receive a copy of our Varsity training plan*

Looking forward to a great season of volleyball!

Regards,

Coach Meaghan Caruso