

June, 2019

Dear Potomac Volleyball Players and Families,

Welcome to the 2019 Volleyball Season! We are excited to be starting our fifth season of the program this year and will again be competing in the ISL-A division. I continue to be impressed the development of both our Varsity and JV players, our improved regular season and tournament finishes, and the increase we've seen in program interest over the course of the past few years. We are striving to continue these trends in the future and hope that 2019 will be our strongest season yet!

Summer Schedule

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 a weekly 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 or 8th grade 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:

Wednesdays from 4 - 6 PM in Chester Gym, June 12th through July 31st

- Note: Though we are scheduled to play every Wednesday between these dates, the sessions are always subject to change due to unforeseen circumstances. **If you wish to attend any of these summer practices, please be in contact with me via email or cell phone so I can let you know if the practice will run.** My contact information is included at the end of this letter.

Open Gyms

Once August begins, the Wednesday sessions will change from practices into open gyms, per ISL league rules. The times will remain the same (4-6 pm). Open gyms are much more informal than practices and no coaching is allowed during these sessions. However, it is a great opportunity to get in some last minute play before tryouts and, for new students, to get to know some of the returning players before tryouts and the start of school.

Those dates are:

Wednesday August 7th & Wednesday August 14th

Pre-Season Schedule

This year, the official start of pre-season play is Monday August 19th. We will be holding TWO try-out sessions per day during the first week—one for everyone and one for those interested in a Varsity spot. The Varsity try-out session is open to anyone and no invitation is required. However, it is not recommended for players who are completely new to volleyball for safety reasons. A couple years of school or club volleyball experience is recommended to attend the afternoon sessions.

Monday August 19th through Friday August 23rd

9:15 - 11:15: All-Program Tryouts

2:00 - 4:00: Varsity Tryouts

We will choose teams sometime during that first week and official Varsity and JV practices will begin on **Monday August 27th** from **3:30 - 5:30 PM** and will continue at that time throughout the remainder of the season. Note: Varsity often has a scrimmage prior to the beginning of school, so please do not plan any travel in the two weeks leading up to Labor Day.

Conditioning and Equipment

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.

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.

All players (even returning ones) need to have an up-to-date (they are good for a year) physical on file with our athletic office or they will not be able to participate in the first day of tryouts.

Coaching Staff

We are excited to welcome back Coach Gardner and Coach Hoogstra 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 Varsity Coach

jhoogstra@potomacschool.org

Expectations

- 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 attend any summer practices or open gyms

Looking forward to a great season of volleyball!

Regards,

Coach Meaghan Caruso