

June, 2018

Dear Potomac Volleyball Players and Families,

Welcome to the 2018 Volleyball Season! We are excited to be starting our third Varsity season 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 2018 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 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 20th through July 25th

- Note: Though we are scheduled to play every Wednesday between these dates (with the exception of July 4th), the sessions are always subject to change due to unforeseen circumstances. **If you are a returning JV player or a new player, please communicate with me via text message or email prior to a Wednesday session so I can let you know if we will be running it.** My contact information is below.

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 be done during them (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! An email will be sent later in the summer with these dates.

Pre-Season Schedule

This year, the official start of pre-season play is Monday August 20th. We will be holding TWO try-out sessions per day during the first week--one for everyone and one for anyone interested in a Varsity spot. Everyone is welcome to attend the Varsity tryout, even if you are a new player. However, it is not mandatory unless you hope to be on Varsity.

Monday August 20th through Friday August 24th

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

2:00 - 4:00: Varsity Tryouts (all are welcome)

We will choose teams sometime 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 Coach

jhoogstra@potomacschoo.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 summer practice sessions*
- *Get on our open gym email list*

Looking forward to a great season of volleyball!

Regards,

Coach Meaghan Caruso