

## OLYMPIA VOLLEYBALL 2010 SUMMER NEWSLETTER



Coaches versus campers at Bear Camp '10

Hello Parents and Players,

I apologize for sending a later-than-usual summer newsletter. The time between the return from team camp and our departure for vacation didn't allow for completion and mailing of this year's version. Now, with the season right around the corner, you'll find the details below, which will, hopefully, aid your in preparation. With that in mind, and if you didn't already know...Volleyball begins on **August 23<sup>rd</sup>**!

First, some newsworthy items...

**CAMP UPDATE. Bear Camp 2010** was another successful event, with nearly 100 campers attending the morning and afternoon sessions, July 6-8. Another "All-Star" staff provided instruction over the three days. Fifteen Bears also attended the **UW Team Camp**, July 24-26. It was a productive three days honing skills, working together and making strides toward the upcoming season. It was inspiring to learn from one of *the* premier collegiate programs/coaches in the country.

**OLYMPIA VOLLEYBALL GRAD UPDATE:** '10 Oly grads **Sarah Stoker**, **Megan Triggs** and **Jamie Wolph** will begin their collegiate careers this fall at Northwest University, Western Oregon University and Tacoma CC, respectively. '09 grads **Brigit Miller** and **Nicole Mertens** return for their sophomore year at Willamette, where **Julie Stutzman** ('06) just completed her career. **Michelle Woodward** ('09) heads into her 2<sup>nd</sup> year at Edmonds CC. **Rosa Gimson** ('08) begins her junior year at Linfield. **Kelsey Jewell** ('07) will finish up at Whatcom CC while attending WWU. **Kathryn Mertens** ('06) returns to **Western** for her final year of eligibility. Go "Bears in the Bigs!"

Look for Olympia Volleyball news and updates throughout the season as well as follow our college volleyball players' (by hitting their links) on the [www.olympiabearsvolleyball.com](http://www.olympiabearsvolleyball.com) website.

**SUMMER** has been a time for some of you to get reacquainted with volleyball. Others hopefully, are taking time off after a busy club season. Regardless, I hope you've joined the group of players *consistently* meeting (M-W-F, 9am) in the weight room in preparation for the season. Our program involves warm-up, agility, plyometrics, lifting and core/ab work. As per WIAA rules, we are not allowed to train skills between August 1st and the start of turnout on the 23rd.

**THE COACHING STAFF:** If you haven't already heard, the staff stays the same at the Varsity and J.V. levels, where Coach Creighton and Coach Turcotte remain, respectively. Christie Murphy has resigned but stays in town and will assist when possible, while concentrating on her musical performances. We have hired our new C Team coach, **Nicole Andrews**, who comes to us following her recent graduation and playing career at Oregon Tech. We were fortunate to have her on staff during Bear Camp this summer. Welcome Coach Nicole!

### PREPARING FOR THE SEASON

**ELIGIBILITY CLEARANCE** needs to be a top priority! **PLEASE CHECK THE FOLLOWING OHS WEBSITE FOR INFORMATION REGARDING ELEGIBILITY CLEARANCE** and downloadable forms:

[http://olympia.osd.wednet.edu/activities/sports/sports\\_clearance\\_forms](http://olympia.osd.wednet.edu/activities/sports/sports_clearance_forms)

#### A few more details:

Hard copies of **eligibility packets** are now available near the front office or in the commons. There are multiple steps to the process. All students must be cleared first through the ASB office. Then get cleared through the athletic office, next door in the commons. Be sure to bring your receipts from the ASB office transaction when you go the Athletic Office. When arriving at the Athletic Office, be aware, all forms must be signed and ready to turn in.

The ASB office at OHS will be open to clear VOLLEYBALL eligibility on **WEDNESDAY, AUG. 18<sup>th</sup> from 10:00 am to 5 pm**. Open clearance for anyone missing the 18th, is on **SATURDAY, Aug. 21<sup>st</sup>, from 10:00 am to 2:00 pm**. If you miss these clearance days you will miss the first day of practice. **DO NOT MISS ANY TRYOUT SESSIONS!**

**You should already have scheduled an appointment for your physical!!**

In order to have eligibility cleared, students must: have passed **ALL** classes during the previous spring semester and be debt free through the OHS ASB office. \*Players - please take time to read and understand your **commitment** to the athletic code.

**STRENGTH TRAINING** should be a focus of preparation, especially for those with aspirations of playing at the varsity level. The benefits of strength, improved jump, injury prevention, increased confidence, and team bonding are **huge**. Coming to tryouts in *good* shape means you're able to focus on the proper technique and game situations, not just surviving tryouts. **After August 6<sup>th</sup>, volleyball workouts will be held M-W-F at 9am.**

**PLAYING** is the other big way to get ready, unless you've been encouraged to take time off. Find a friend, get your hands on the ball and tune up your skills. You don't need sixes to play. You can work on ball control with pepper or play one on one with a makeshift net and boundaries. Use all three contacts to return the ball. This is great for working on your off-speed shots and reading your opponent. Be creative in doing one-person drills to improve your skills. You can always play 2 on 2, or more, if you have enough people.

Invest your time in volleyball in relationship to your goals. Those with a goal of being varsity players ought to spend time playing (unless you've been encouraged to take time off) and strength training, following our specific program. If your goal is to simply make a team, spend time accordingly. Those of you needing time off from the game should still be in our weight room with your teammates.

**TRYOUTS.** As has been the case in recent years, there may be more interested players than available spots. Players have the chance to make one of three teams.

We hope to have our final decisions made no later than Wednesday, August 25th, following the sixth overall practice. We have released candidates prior to this time when we've been sure about our decision. Students are then able to pursue the possibility of another fall sport, like swimming or cross-country. The significance of being involved in a sport or activity, especially when students enter as freshman, is critical. So, regardless of any concern you may have about high numbers of players turning out, we encourage students to pursue their goals. Remember - "*Fortune favors the brave.*"

**EQUIPMENT.** I recommend waiting until after team selections have been made to purchase new shoes. Tryouts are not the time to break in a new pair. We've had very little success doing a team shoe order. Not all brands fit everyone the same. MVP Athletics in Lacey and Athletes Corner in Centralia are two "local" stores that carry volleyball shoes.

**PROGRAM EXPECTATIONS.** We want all candidates and parents to be fully aware of the policies and expectations of the Olympia Volleyball Program. These documents will be handed out at the first practice. We ask these be read, signed and returned ASAP. We will take time to go over the program philosophy and allow for questions the night of the **Athletic Department/Volleyball Parent Meeting**, on August 31st.

**IMPORTANT DATES AND TIMES** concerning **tryouts** and other early season events are listed on the last page. For example, please note the times for tryouts. **All players should plan to attend both practices each day, Monday through Wednesday during tryouts, unless specified otherwise.**

Our **retreat is August 27th and 28th**. We will give out the detailed information and permission slips on Wednesday, the 25<sup>th</sup>, after team selections. Please be prepared to return money and permission slips on Thursday, the 26<sup>th</sup>. The cost will be approximately \$36.00 to \$38.00 per player. A parent will contact you to organize volunteer drivers. We'll be traveling to Cispus Environmental Center, near Randle, again. The retreat is a very significant time to set the tone for the season and for player bonding. We ask that all selected players attend. We can make arrangements if cost is a concern.

As mentioned above, **Tuesday, August 31st**, will be the **Parent Meeting at 6:00 pm**. All Fall Sport parents will begin in the gym for about 20 minutes. We'll then break off into our volleyball meeting. This is a required informational meeting. The plan is to share information specific to the volleyball program, make staff introductions and, conduct some booster club business. Please plan to have at least one parent or guardian at the meeting.

Dates that did not make the last page are those for the **Team Car Wash Fundraisers** in September. Those are tentatively scheduled as follows: Sept. 11<sup>th</sup> – varsity, Sept. 18<sup>th</sup> – JV, Sept. 25<sup>th</sup> – C team.

Finally, as related to the attached schedule, we have yet to add a number of non-league C team matches. We'll have to be flexible as those are added closer to the competitive portion of the season.

I look forward to seeing you all in a couple weeks. Meanwhile, enjoy your summer. Be sure to prepare yourself. If you have any questions, please feel free to contact me. I can be reached by e-mail at:

lcreight@osd.wednet.edu

Coach Creighton

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### **Oly Volleyball Booster Club**

The boosters want to pass on the following information:

At the volleyball informational meeting, set for August 31st, the booster club plans to conduct a little business. Parents will have the chance to join the booster club and volunteer for odd jobs throughout the season. So, please mark your calendars and come ready to the meeting on August 31st, with date books and check books in hand.

For your information, our Oly Volleyball Booster Club officers for the 2010 season are:

Brian & Linda Herseth – Co-presidents  
Mark Bassett - Treasurer

