

OLYMPIA VOLLEYBALL

2011 SUMMER NEWSLETTER



2011 West Central District 4A Champions

Hello Parents and Players,

The season will begin in less than three weeks!!! This letter should provide the answers to many of your questions about schedule and details as we prepare for a strong start. I apologize if the tardiness of this letter caused any inconvenience. The school district changed our passwords to the server and it took some time to acquire the new one in order to access all my information. Anyway...if you didn't already know, our volleyball season begins on **August 22nd**!

First, some newsworthy items...

CAMP UPDATE. Bear Camp 2011 was another successful event, with a large total of campers between the morning and afternoon sessions, on July 5th – 7th. We had another great staff providing instruction over the three days. Plus, we had sixteen Bears attend the **UW Team Camp**, July 29th – 31st. It was an industrious three days of improvement, working together and progress toward the upcoming season. It was exciting to learn from one of *the best* collegiate programs/coaching staffs in the country.

OLYMPIA VOLLEYBALL GRAD UPDATE: 2011 Olympia grads **Annie Sing**, and **Lauren Herseth** will begin their collegiate careers this fall at Whitman and Central Washington University, respectively. The '10 crew of **Sarah Stoker**, **Megan Triggs**, **Nina Holbrooks** and **Jamie Wolph** will start their sophomore campaigns at Northwest University, Western Oregon University, Whatcom CC and Tacoma CC, respectively. '09 grad **Nicole Mertens** returns for her junior year at Willamette. **Michelle Woodward** ('09) transfers to Cal State - Oakland. **Rosa Gimson** ('08) will conclude her senior year at Linfield. **Not to be forgotten – Jen Liedes** ('11) will continue her education at the UW playing on their golf team. Way to represent ladies and 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 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 and several camp commitments. Regardless, I hope you've joined the group of players consistently meeting (M-W-F, 8:30am) 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 *volleyball skills* between August 1st and the start of turnout on the 22nd.

THE COACHING STAFF: As of this letter, two of our paid coaches remain the same, as Coach Creighton and Coach Turcotte continue on staff. We also hope to have Christie Murphy continue as a volunteer varsity assistant when she is available. We have yet to hire our third staff member and hope to finalize that decision in the near future.

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

A few more details:

Hard copies of **eligibility packets** should be 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 proceed to 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. 17th from 10:00 am to 5 pm**. Open clearance for anyone missing the 17th, is on **SATURDAY, Aug. 20th, from 10:00 am to 2:00 pm**. Please avoid using the 22nd for your clearance, as this won't allow time to deal with any complications. **BE SURE NOT TO MISS ANY TRYOUT SESSIONS!**

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

Also, 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. We take this commitment very seriously!**

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 5th, the weight room will only be open for volleyball workouts M-W-F at 8:30am.**

PLAYING is the other big way to get ready, *unless* I've encouraged you 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 24th, 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 tryouts, we encourage students to pursue their goals. Remember - *"Don't let fear keep you from reaching for your goals."*

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 don't do a team shoe order, as 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 tryout. 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 tentatively planned for the **Athletic Department/Volleyball Parent Meeting**, on August 30th.

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 26th and 27th.** We will give out the detailed information and permission slips on Wednesday, the 24th, after team selections. Please be prepared to return money and permission slips on Thursday, the 25th. The cost will be approximately \$40.00 per player. This covers meals, lodging and the challenge course fee. 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 30th**, is our "to be confirmed" **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. Players are to attend this meeting, as well.

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. 10th – varsity, Sept. 17th – JV, Sept. 24th – C team, if not in Fife Tourney.

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 will be added closer to the competitive portion of the season.

I look forward to seeing you all in a couple weeks. Meanwhile, enjoy your summer. 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
Coach Creighton

Oly Volleyball Booster Club

The boosters want to pass on the following information:

At the volleyball informational meeting, set for August 30th, 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 30th, with date books and check books in hand.

For your information, our Oly Volleyball Booster Club officers for the 2011 season are:

Mark & Heather Bassett – Co-presidents
Beth Berendt - Treasurer