



## GOVERNEUR VOLLEYBALL



Welcome to the Modified Girls Volleyball team! I am so excited to be back for my 2<sup>nd</sup> year coaching the Modified team!

I will use the Remind App for all parent communication. Please join here if not already added!

<https://remind.com/join/fdf7k96>

### Here We Go:

1. **Get Moving:** Walk, run, stretch... do something now so that you are ready to go on the first day... Getting in shape now will not only be easier on you when we start, it can also prevent many injuries.
2. **Practice:** If you have a volleyball, get it out! Set, pass, hit, serve at anything you have available. (I know I am always rusty at the beginning of every season!)
3. **Schedule:** Our first practice is set for Monday, August 30th in the Middle School Gym. During this first week of practice I hope to have more information regarding upcoming practice times for you. If this is a concern please try to make transportation arrangements now.

### **PRACTICES FOR THE FIRST TWO WEEKS ARE AS FOLLOWS IN THE MIDDLE SCHOOL GYM**

#### **Monday, August 30th and Tuesday, August 31st**

11:00am-12:30pm

\*\*There will be a Pre-Season Parent Meeting Wednesday September 1<sup>st</sup> 6pm at the MS gymnasium. All athletes and a parent/guardian are required to attend. Practice will follow after until 7:30pm.

#### **Wednesday, September 1st and Thursday, September 2<sup>nd</sup>**

6:00-7:30pm

#### **Friday, September 3rd**

4:00-6:00pm

### **What to Bring:**

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|--|---|
| a. T-shirt – no camisole (string) type tank tops   | e. Knee pads – if you have your own or kept last year's pair – these will be provided |
| b. Shorts – no jean shorts   | f. Fun stuff – ideas for team shirts/sweatshirts etc.                                 |
| c. Sneakers – with socks, and this is not the time to break in a new pair – blisters are not fun. "volleyball" sneakers are not required | g. come to each practice hydrated!!   |
| d. Water bottle – we all know it can be very hot in August   |   |

I look forward to our first days together! If you have any questions/concerns please do not hesitate to call or email me. Cell: (get from child) email: [jessicam8185@gmail.com](mailto:jessicam8185@gmail.com)

Coach Jessica Miller