



## GOVERNEUR VOLLEYBALL



It's time to get up off the couch!!! I am super thrilled to be back once again to coach Girls Volleyball for the 2021 season! And, please welcome Coach Wahl to the volleyball world as well! I don't know about you but the summer has a tendency to "fly by..." so don't sit around until August 23rd to start to get in shape for our season... I am presently putting together practice plans as I write this letter to all of you. I've got my mind set on being energetic, being a positive role-model, having a tremendous amount of teamwork, and bringing a willingness to learn and work hard every day. I expect exactly the same from each and every one of you. Of course, I also plan to have a lot of fun as well!

### 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 23rd 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 23 — Friday, August 27**

VAR 8:00-9:30 am      JV 9:30-11:00 am

\*\*There will be a Pre-Season Parent Meeting (VAR and JV combined) Thursday, August 26 @ 6pm at the MS gymnasium. All athletes (required) along with a parent/guardian are encouraged to attend.

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

VAR 8:00-9:30 am      JV 9:30-11:00 am

#### **Wednesday, September 1st and Thursday, September 2nd**

VAR 3:00-4:30 pm      JV 4:30-6:00 pm

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

VAR 8-9:30 am      JV 9:30-11:00 am

### **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 – a no-brainer!  | f. Fun stuff – ideas for team shirts/sweatshirts, team dinners 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: [cognetti.christine@gcsk12.org](mailto:cognetti.christine@gcsk12.org)

Coach Chris Cognetti and Coach Joe Wahl