



Dear Saints Volleyball Players, current and future,

Another summer is here! Time to take a break from school, make a few bucks at a summer job, fit in a vacation or two... oh yeah, *and* put in some work for the upcoming sports seasons. In just over two months we'll gather in Weis Gymnasium for the 2018 volleyball season. We have a lot of strong, experienced returning players, and our whole coaching staff is looking forward to meeting the new faces who will join the Saints volleyball program!

Summer Workouts

For local players, summer strength training/conditioning workouts are 6 a.m. Monday, Tuesday, Thursday & Friday under the guidance of Coaches Beerman, Ivie, Gramenz & Lange. Take advantage of these workouts! Our goal is that you will be less prone to injury, able to move faster, jump higher & hit harder by the time camp begins.

For out of town players, we will be posting workouts on our google classroom volleyball page to help guide you through the summer fun!

Summer Practice/Leagues

June is going to be our busy month. We'd love to have lots of players participate in these activities. Out of town players: let us know if you'll be around for any of them and we'll try to work you in. ***Players will be asked to pay a flat fee of \$20 for all June activities, so come to a lot of stuff and get your money's worth!***

- **Volleyball Camp:** May 29 – June 1. Our High School Skills training will be from 8 - 10 a.m., Tuesday – Friday after Memorial Day, with elementary school camp to follow from 10 – Noon. We hope this week can be helpful to prepare for our Monday night league. Incoming freshman will participate in the high school camp. All high school players can stay (if able) to help with the elementary camp.
- **Monday Night League:** Every Monday night during June in Oak Grove, times TBA.
- **All Day Tournaments:** Saturday, June 2 (Sacred Heart, Sedalia) & June 14 or 15 (TBA).
- Other non-mandatory practices will be added to the schedule. Watch Google classroom for details.
 - *Incoming students email Coach Ivie at aivie@splhs.org for Google classroom instructions.*
- **Note:** This means our Europe Choir Tour people will not be able to participate in some of the activities listed above. We will keep that in mind when deciding who will participate at other times when you are available.

Fall Volleyball Camp

We'd like players to arrive for volleyball camp on Sunday, August 5. All players must have a completed SPLHS Medical Questionnaire and a physical examination using the form provided by the MSHSAA (Missouri State High School Athletic Association). Both forms are included with the online registration materials from SPLHS. During the first week of camp, all campers are asked to arrange housing with a local student. Coaches are happy to assist new players with that. During the second week, the dormitories will be available if you wish to move in. The cost for this is \$100 which includes meals.

Camp Supplies

All Players

- Volleyball Shoes/Knee Pads
- Long Sleeve t-shirt (for practicing diving)
- Bible
- Healthy snack food/Water bottle
- Ankle Supports (optional/contact Coach Lange for information)

Dorm Students

- Towels
- Personal Items
- Pillow/Sheets
- Blanket/Sleeping Bag
- Spending money
- Fan

Camp Schedule

Week 1

- Sunday, August 5: Team meeting, 7 pm (Gym)
- Monday – Friday, Aug 6 – Aug 10: Practice, 8:30 – 11:30 a.m. (Gym)
- Saturday, Aug 11: TBA
- Sunday, Aug 12: No practice

Week 2

- Mon, Wed, Fri, Aug 13, 15 and 17: 8:30 am – 11:00 am & 2 pm – 5:30 pm
- Tues and Thurs, Aug 14 and 16: 8:30 am – 11:30 am
- Saturday, Aug 18: TBA
- Sunday, Aug 19: TBA

Note: Many days there will be evening video sessions and/or team bonding.

We look forward to seeing you in August!

Tom Lange
 Varsity Coach
tlange@splhs.org

Angela Ivie
 Junior Varsity Coach
aivie@splhs.org

New Students! Please fill out and detach the portion below and mail to:

Coach Tom Lange
 205 S. Main
 Concordia, MO 64020

Name: _____ Grade this fall: _____ Height: _____

Parent Email: _____ Parent cell phone: _____

Student Cell phone: _____ (We communicate volleyball information via an app called *Remind*, so student cell phone numbers are helpful, but not required.)

Check this box if you would like help arranging housing during week one of camp.

In the space below, describe your experience playing volleyball. (Include the number of years played with school and/or club teams.) No experience is necessary. We have teams for players of all skill levels.