



Dear Saints Volleyball Players, current and future,

Saint Paul Varsity assistant and Junior Varsity head coach, Angela Ivie, likes to say that a volleyball team needs to have a ***we before me*** mindset. And, since God comes first in all we do at Saint Paul, we could express the way we relate to God and teammates this way.

He

We

Me

He over We over Me. Honoring and pleasing God comes first. Team goals come second. Individual goals are not unimportant, but less important than the other two. Having everything we do in the right order is the foundation for Saint Paul volleyball to be successful, as God defines success.

### **Summer Workouts**

For local players, summer strength training/conditioning workouts are at 6:30 a.m. Monday, Tuesday, Thursday & Friday under the guidance of Coaches 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**

As usual, the end of May and the whole month of June will be our busy time. Here's what's happening!

- **Elementary and High Volleyball Camp:** May 28 – 31. 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 at Lafayette County High School (Higginsville), times TBA.
- **All Day Tournaments:** Last year we had a Saturday tournament in Cole Camp and a Thursday tournament at Sacred Heart in Sedalia. I expect we will do the same this summer, and will post dates on the Google classroom page as soon as we have them.
- Other non-mandatory practices will be added to the schedule. Watch Google classroom for details.
  - *Incoming students email Coach Ivie at [aivie@splhs.org](mailto:aivie@splhs.org) for Google classroom instructions.*

Out of town players: let us know when you'll be in town so we can work you in to the summer league and tournaments. They all have entry fees that participating players will be asked to help cover.

### **Fall Volleyball Camp**

We'd like players to arrive for volleyball camp on Sunday, August 11. Practices begins on August 12. 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. *(More information about fall/pre-season camp on the next page.)*

## 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 Practice Schedule

- Sunday, August 11: Team meeting, 7 pm (Gym)
- Monday – Friday (Aug 12 – Aug 16) Practice, 8:30 – 11:30 a.m. (Gym)
- Saturday (Aug 17) TBA
- Sunday (Aug 18) No practice

Classes begin Monday (Aug 19). Classes will be half days only during the first week

### Week 2 Practice Schedule

- Monday and Wednesday (Aug 19 and 21) there will be two practices (TBA).
- Tuesday, Thursday and Friday (Aug 20, 22 and 23) there will be one practice (TBA).
- Saturday (Aug 24) TBA
- Sunday (Aug 25) No practice

*There will be additional dinners/activities for team bonding.*

We look forward to seeing you in August!

Tom Lange  
Varsity Coach  
[tlange@splhs.org](mailto:tlange@splhs.org)

Angela Ivie  
Junior Varsity Coach  
[aivie@splhs.org](mailto:aivie@splhs.org)

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

Coach Tom Lange  
403 S. Sandia St.  
Concordia, MO 64020

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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 and your preferred position(s). No experience is necessary. We have teams for players of all skill levels.