



Dear Saints Volleyball Players, current and future,

It is about two short months until we gather in Weis Memorial Gymnasium for another season of volleyball, my favorite time of the year! I'm excited keep working with our returning players and get to know the new Saints who will be joining our program for the 2017 season.

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 & 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 and videos 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 out of town players participate in these activities. Let me know if you are able to be in town for any of them and we will try to work you in.

- **Volleyball Camp:** May 30 – June 2. Elementary school camp from 1 – 3:30 p.m. High School scrimmage/skills training from 3:30 – 5 p.m. (or later, for those who want to stay).
- **Monday Night League:** Every Monday night during June in Oak Grove, times TBA.
- **All Day Tournaments:** Saturday, June 3 (Helias, Jefferson City) & Thursday, June 22 (Sacred Heart, Sedalia).
- 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.*

Fall Volleyball Camp

We'd like players to arrive for volleyball camp on Sunday, July 30. 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, the dorms are pretty empty and dining hall service is limited only to brunch. Students may wish to stay with a host family until week two of camp.

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

Sunday, July 30: Team meeting, 7 – 8 pm (Gym)
Monday – Friday, Jul 31 – Aug 4: Practice, 7:30 – 10:30 (Gym)
Saturday, Aug 5: TBA
Sunday, Aug 6: No practice
Monday, Aug 7: 8:30 am – 11:00 am & 2 pm – 5:30 pm
Tuesday, Aug 8: 8:30 am – 11:30 am
Wednesday, Aug 9: 8:30 am – 11:00 am & 2 pm – 5:30 pm
Thursday, Aug 10: 8:30 am – 11:30 am
Friday, Aug 11: 8:30 am – 11:00 am and 2 pm – 5:30 pm
Saturday, Aug 12: TBA
Sunday, Aug 13: TBA
Note: Many days there will be evening video sessions and team bonding.

We look forward to seeing you in July!

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: _____

In the space below, describe your experience playing volleyball. (Include the number of years played with school and or club teams. No volleyball experience is necessary to play at Saint Paul! We have varsity, JV and C-teams for players of all skill levels.)