



Dear Saints Volleyball Players and Parents,

You'll see the letters **GTGTG (Give the Glory to God)** in different places at Saint Paul. This phrase guides how we do what we do, including volleyball. This happens on and off the athletic court or field when we give our best in sports and classes, love teammates and fellow students, honor coaches, teachers, referees and parents, and do everything to glorify God as the one who has given us our gifts and opportunities.

**Fall Volleyball Camp** practices will begin on Monday, August 9 at 8:30 a.m. During that first week, MSHSAA (the Missouri State High School Activities Association) limits practice time to 3 hours. Plan on additional meetings/video sessions/team building activities on some afternoons or evenings during that first week. It is also possible there may be a meal together on Sunday evening, August 8. Watch the SPLHS Volleyball Facebook page (please join it if you haven't already) for more information about that and other happenings. During the second week, our practices will bookend a shortened class day (see schedule below).

**The SPLHS Medical Questionnaire and a Physical Examination** (using the form provided by MSHSAA) **are both required before starting practice.** Both forms are included with the online registration materials from SPLHS.

#### **Recommended Camp Supplies**

##### **All Players**

Volleyball Shoes/Knee Pads  
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 at a glance**

##### **Week 1 (August 9 – 14) Practice Schedule**

- Monday – Friday: Practice, 8:30 – 11:30 a.m. (Gym)
- Saturday: To be announced
- Sunday: No practice

##### **Week 2 Schedule (August 16 – 20)**

Classes begin Monday (Aug 16) with a half day schedule (10 a.m. – 2 p.m.) that first week.

We will have afternoon practices from 2:30 – 5:30 every day that week, with shorter morning practices on Monday, Wednesday and Friday as agreed on between players and coaches.

We look forward to seeing you in August!

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