



# SAINTS VOLLEYBALL

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 8 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. 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).

Local athletes will be allowed to stay at home the first week of camp. Local athletes will need to make prior arrangements with the Business Office if they wish to eat meals in the dining hall. The cost for any meal in the dining hall for local students will be \$6.00 per meal.

Dorm athletes will need to live in the dorm for the first week of camp (unless staying with a host family). Cost for the DORM ATHLETES for the one week will be \$95 which includes 3 meals each day.

**The SPLHS Medical Questionnaire, MSHSAA Physical Examination, MSHSAA Annual Form, Health Insurance Card, and Student Life/Parent Permission are all required before starting practice. All forms are available through Saints Central.**

## Recommended Camp Supplies

### All Players

- Volleyball Shoes/Knee Pads (required)
- 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 8 – 13) Practice Schedule

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

### Week 2 Schedule (August 15 – 29)

Classes begin Monday (Aug 15) 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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