



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 Coach Lange or at 8:30 with Coach Gramenz with other coaches occasionally filling in. 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.

Summer Practice/Leagues

Here's what our summer schedule looks like right now.

- Our **Elementary and High Volleyball Camp** has already taken place – June 1-5.
- During the rest of the June, we will have **open gyms** on Tuesday nights from 6:30 – 8 p.m. The schedule for July will be determined later.
- Currently, we have one **tournament** scheduled Saturday July 18 at Sacred Heart. I hope to arrange a few scrimmages in July as well.

Fall Volleyball Camp

We'd like players to arrive for volleyball camp on Sunday, August 9. Practices begin on August 10. Before you can practice volleyball, the school must have the following forms filled out and turned in to the Student Personnel Office. These forms are available at splhs.org, click on parents, and click the forms – MSHSAA Pre-Participation Physical Evaluation Form, MSHSAA Annual Requirement Form, Immunization Record, Tuberculosis Screening (international students only). A copy of the student's health insurance card must also be on file and all forms must be completed in the enrollment portion of Blackbaud.

Camp Supplies

All Players

Volleyball Shoes/Knee Pads
Long Sleeve t-shirt (for practicing diving)
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 9: Team meeting, 7 pm (Gym)
- Monday – Friday (Aug 10 – Aug 14) Practice, 8:30 – 11:30 a.m. (Gym)
- Saturday (Aug 15) TBA
- Sunday (Aug 16) No practice

Classes begin Monday (Aug 17), 10 a.m. – 2 p.m. during the first week.

During that week we will have two practices on Monday, Wednesday and Friday and one practice on Tuesday and Thursday, as mandated by the Missouri State High School Activities Association. We may hold a short practice on Saturday.

During these weeks, there will be additional dinners/activities for team bonding.

We look forward to seeing you in August!

Tom Lange
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