

2009 LADY CARDINAL VB CAMP

Dear Lady Cardinals,

We hope that you have had a pleasant summer so far. It hardly seems possible, but it is time to seriously think about **VOLLEYBALL!** We are getting excited! We have many returning players on the varsity and JV levels and we are looking forward to the freshman class arriving.

Date:

This year's preseason volleyball camp will run from Tuesday, August 11th, until Friday, August 21st. Check in will be from 4:30- 6:00 p.m. on Tuesday, August 11th, in the girl's dorm lobby. Dormitory students will move into their regular rooms for the camp. Town students will be assigned other rooms, which they must leave neat and clean. There will be a 5:30pm supper. We will meet in the chapel at 6pm. Parents are invited to stay for this opening meeting that will last about 15 minutes. At about 6:15, we will distribute laundry bags and discuss the schedule for the week. Campers will not be able to stay in the dormitory on Friday the 14th or Saturday the 15th of August. All returning athletes should have a **physical** on file before they can practice. The physical must be dated after April 15, 2009. If you do not have one, please take care of it before August 12th and bring it along. Camp will end in the late afternoon on Friday, August 21st, to allow the gym to be set up for registration the following day.

To register:

Please fill out all registration forms on the website and follow the directions there.

What to bring:

Please bring along your own bedding, towels, and personal items. Many find it helpful to have a fan to cool off with at night. Please make sure that you have tennis shoes, socks, shorts, and T-shirts to practice in.

Local students:

For girl's volleyball, local students are welcome to stay in the dorm, especially because of the 9:00am start and 9:30pm finish for the varsity squad each day. To help you make a decision, a tentative schedule is listed on the next page. Students will be expected to leave the room they occupy in the same condition in which they found it.

Supervision:

Dormitory rules will be the same as when school is in session. Dormitory staff members will be on duty and responsible for supervision along with the coaching staff.

Varsity, JV Squads:

Girls' Volleyball is a program that can handle only a limited number of participants (12 to 14 for each team). Because of the number of girls expected to attend camp, some who come to camp will, unfortunately, not end up on a permanent squad. If it should happen that you would be "cut," we feel that the individual and team skills learned would be of value to you even if you end up playing intramural volleyball. Competition for spots on all levels will be intense. A way to get a start on the competition is to be working out now. On the varsity level, we will hit the floor running and will not stop until November. We hope that a lot of players will have been doing some serious running and training all summer.

2009 Schedule:

MLS volleyball games are mainly scheduled for Wednesday nights, with a few games on other nights of the week. Saturday tournaments are also scheduled for the teams. It is important that you attend camp. We realize that conflicts may occur which would prevent a potential player from attending the full camp. In all fairness, final cuts will not be made until an adequate judgment of talent can be made. **As part of the team, you are expected to attend all games and tournaments.** Our MLS Tune-up Tournament is scheduled already for August 29th. We expect all MLS volleyball teams to be available to help out with the tournament. We use our JV team to help out with line judging and occasional scoring for the tournament.

Summer Conditioning and working on Skills:

To all 2009 players;

Each Monday, Wednesday, and Friday beginning on July 13th, we will be meeting in the MLS gym from 6:30 p.m. to 8:30 p.m. for conditioning workouts, strength training, and time to work on individual skills. We would like to encourage all of you in the area to attend, especially incoming freshmen who have never been. Here are the following dates that are available, with the exception of June 29-July 5, which is mandatory down time as decreed by the MHSAA. Dates are: July 13th, 15th, 17th, 20th, 22nd, 24th (Synod convention July 27-31) Aug. 3rd, 5th, 7th.

If you plan to play volleyball this fall there are a few things we would like you to do to prepare yourselves, especially if you want to compete with other teams in our conference and win districts. This summer we would like you to keep in shape by:

-Running for 15 minute warm-ups 3 times a week

-Do box jumps, 25 at 3 different levels, 3 times a week, 6" box-side to side, 12" box-25 jumps, 24" box-25 jumps.

-Stand on a 24" box, jump off and as you hit the floor immediately jump as high as possible, 25 repetitions.

-Do wall jumps 3 sets of 10.

It would be a good experience for all to try and attend volleyball camp and/or play in a sand volleyball league this summer. If that's not possible at least do the running and jumping. Have a good summer but remember to be great at anything you must work to achieve what you want, no one is going to just give it to you!

Privilege:

Pre-season camp is a time for learning skills and working to become members of a team. We look forward to working with you and plan to keep you very busy. Anyone who cannot abide by the rules will be sent home.

Tentative Camp Schedule:

7:30 Wake-up

8:00 Breakfast

8:30 1st practice session (JV's: 8:30-10:30 and Varsity 10:00-12:00)

12:00 Lunch

1:00 2nd practice session (JV's 1:00-3:00. Varsity 3:00-5:00)

5:00 Supper

6:00 Chapel

6:30 3rd practice (JV's. 6:30-8:00, Varsity 7:00-9:00)

Questions:

If you have questions, please give me a call or e-mail me.

In Christ,

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