Hello Everyone,

Here is the long-awaited email for the upcoming 2022 Fall volleyball season. I will be discussing the first week of fall sports which includes tryouts, 2-a-days, and first team practices. I will also be discussing some expectations, and housekeeping items for athletes as well. Here we go! ☺

First, let me re introduce myself. My name is Kealey Stanich and I am the new head coach for Inglemoor Volleyball. I am also a health and fitness teacher at Inglemoor. I have many years of coaching experience from high school to community college. I am excited for this new adventure and have the best intentions for this program.

**First week of fall volleyball 2022:**

* ***Two-a-days: 22nd-25th – 1:30-7:00pm***
  + We will have 4 days of two-a-days where we are in the weight room/gym from 1:30-3:30 lifting and conditioning. Then a lunch/dinner break from 3:30-4:30 with our practice session starting at 4:30-7:00.
  + These will be long days that girl will need to be prepared for. There was a training book sent out earlier in the summer that would help everyone get ready for the start of season. It is optional but highly recommended.
  + The practice session of the two-a-days will consist of drills and progressing through our skills.
  + Please bring plenty of water, food, and snacks to last all day.
* ***Tryouts: 22nd-24th – 1:30-7:00pm***
  + Tryouts will be the first 3 days of two-a-days. Throughout the two sessions players will be evaluated and moved around to see which team they would fit best in: C-team, JV, or Varsity. JV and Varsity will carry 12 athletes, and C-team will carry 12-15 (not guaranteed to go as high as 15).
  + Players will go through different drills, that will be testing all skills for the sport of volleyball. Athletes will be evaluated throughout the three days for coaches to decide what team each athlete should be on. There will be data in forms of numbers and percentages for athletes to see if they need an explanation on why they made what team.
  + Teams will be made by the end of two-a-days on the 24th and each player will be having a conversation with the coaches to find out which team they made.
  + Second session on the 25th will be the first individual team practice.
* ***Are you missing Tryouts? READ NEXT BULLET POINTS***
  + If you are missing tryouts due to vacations or other commitments. You may tryout as soon as you can attend practices up till the end of the second week of the season.
  + Unfortunately, if you do miss the original tryouts, you have two roads, to make C-team or be cut.
  + If you have any other questions, please feel free to ask.
* ***Practice: August 26th – 4:00pm-6:30pm***
  + There will be a lifting session at 2:30pm for all athletes with practice to follow.
  + This will be the second full individual practice.
* ***Spirit Packet*** 
  + If your athlete is chosen to be a part of the 2022 volleyball program, there will be a 3-practice t-shirt spirit pack to buy. These are optional but highly recommended. Therefore, if there are any athletes that cannot buy the shirts, the program or parent “booster club” will be helping to purchase.
  + More information to come after teams are made.

**Housekeeping items for athletes/parents:**

* If you are not signed up for FALL VOLLEYBALL 2022, please sign up NOW. Just because you were signed up for summer ball does not mean you are signed up for fall ball. PLEASE COMPELETE ASAP.
* Physicals are REQUIRED. Please make sure all physicals are up to date and will not expire during season.
* Get as many touches as possible before the 22nd. This will help you stay volleyball ready.

I will be following up with more information once we get closer to tryouts. I hope you are all having a great summer, and excited for the season to start soon. See you all on the 22nd of August. ☺

-Kealey Stanich

Head Volleyball Coach