

FLOUR BLUFF GIRLS' ATHLETICS
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KARA WALLACE-HEAD VOLLEYBALL COACH
2017

Dear High School Volleyball Players,

I hope your summer has been restful. I am excited about the new season and am writing to let you know about the two-a-day practice schedule. There are changes to some of the things we have done in the past--**Read carefully**. The expectations, skills testing and performance as a part of the team will assist your coaches in determining the team you make. The physical condition you are in, skill level, teamwork and attitude are each important.

I hope you are staying in shape and will be ready for our high expectations. It is imperative you keep your conditioning and skills up to par this summer. We have less than one week to prepare for district. This is the tryout and scrimmage week. I would highly recommend and encourage you to attend open gym and weight room in June. It would be to your benefit to also go to the structured workouts and team camp in July. These are not mandatory but encouraged to help prepare you physically, emotionally and mentally for our season. Tryouts will be intense and tough. All athletes are expected to be physically fit. Practices are only a few weeks away.

ALL RANK ONE PAPERWORK MUST BE COMPLETED ONLINE BEFORE AUGUST 1ST OR YOU WILL NOT BE ALLOWED TO TRY OUT! You may turn your physical in at the athletic office the week of July 24-28. If you do not have your paperwork on file, you will not be able to tryout. Please make sure that you have filled out the forms completely. This will help speed up the check-in process on the first day.

Two-a-day practices will begin on August 1st. See the schedule below. Please be early to tryouts and wear a white t-shirt with black or maroon tights. If you are a returning player, you may wear the maroon hornet or flour bluff volleyball shirt.

August 1 st	8:15 a.m.	Check-In Everyone
Tuesday	9-10:00 a.m.	Everyone
	10-12:00 p.m.	Freshmen
	12:30-3:00 p.m.	Upperclassmen
August 2 nd	9-10:00 a.m.	Everyone
Wednesday	10-12:00 p.m.	Freshmen
	12:30-3:00 p.m.	Upperclassmen
August 3 rd	9-10:00 a.m.	Everyone
Thursday	10-12:00 p.m.	Freshmen
	12:30-3:30 p.m.	Upperclassmen
	5:00 p.m.	Parent Meeting
August 4 th	10:00 a.m.	ALL--Scrimmages @ FB with Ray, George West, and Sinton
Friday		
August 5 th	9:00 a.m.	ALL--Scrimmages @ FB with Rockport-Fulton, London, and Moody
Saturday		

*****Practice times may change depending on the progress of the teams and players.** Please be flexible.***

Have fun, be careful, and work on conditioning the rest of the summer. I will see you on August 1st for two-a-day practices. **Bring your own socks, ankle braces, kneepads, and shoes.**(running & court.) I look forward to beginning a new volleyball season.

Thanks,
Coach Wallace