

2018-2019 JV Volleyball Season
Coach: Mary Bergren
mbergren@manistee.org
231-889-4251 or 231-233-2687

Additions to the schedule:

June 19 (6pm-8pm) at Onekama School - Serving Challenge - details coming
June 26 (6pm-9pm) at 5th ST Beach - Serving Challenge -- details coming
July 17 (5:30-7:30) at Onekama School - Serving Challenge -- details coming

Setters Clinic -- June 25th 9am - 11am - at Onekama School

Dead week with no contact with players is July 1st - July 7th.

JV Tournament on July 9th & 10th in Manton. Details will be coming as soon as I get them. No bus provided. Parents will drive their player/carpool. There is a local campground if you would like to camp overnight as a team. Two Practices to prepare for Manton Tournament: June 25 & June 28 from 3pm until 5pm.

CMU Volleyball Camp at Onekama Schools on July 23rd & 24th from 8:30 am until 3:30 pm. Bring a lunch. Please register online. Cost is \$125. Scholarships will be available. However, to qualify you need to register online, pay the fee, and attend the clinic.

No volleyball July 29th through August 7th. Practice/Tryouts of the season are August 8th, 9th & 10th from 9:00 am until 11:15 am.

AUGUST 4th - Onekama Days 5K Race - 7am - 10am - Volleyball Team will be Volunteering - details will be coming.

August 13th - August 17th - Monday through Friday - Practice 11:30 am until 1:30 pm
August 20th - August 30th (no practice on the 31st)- Monday through Friday - Practice is 9:00 am until 11:15 am
Practices during the school year -- Monday through Friday -- 3:30pm until 5:30 pm

All players will be expected to stay physically fit over the summer. This can be achieved by going to the fitness center, attending the weight lifting sessions (football coaches monitor this activity), attending Eric Ross's agility morning sessions (Tuesday-Friday), riding your bike, mowing the lawn, walking, following a YouTube workout, get together with your friends and play beach volleyball, YOGA, Zumba, jump rope, walk the river walk, etc. Activities should be done 3 times per week for at least 45 minutes. HELP YOUR TEAMMATE LOOK GOOD by getting together to complete an activity! These type of activities will help you be physically fit when volleyball season begins.

There will be a web page on the school website with all your summer physical activities - so, please take pictures, and send them to me at mbergren@manistee.org. Perfect participation is expected.

Week June 10 -- each player sends 3 pictures
Week June 17 -- each player sends 3 pictures
Week June 24 -- each player sends 3 pictures
Week July 8 -- each player sends pictures
Week July 22 -- each player sends pictures
Week July 29 -- each player sends pictures
Week August 5 -- each player sends 3 pictures

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Name _____

Phone _____

Phone _____

Email _____

Position you play or would like to learn to play - CIRCLE TWO

- Setter
- Outside Hitter (left side attacker)
- Libero (plays back row and typically subs for middles)
- Back Row Specialist - plays the back row
- Right Side Hitter (Opposite setter, right side attacker)
- Middle (Middle hitter and Middle Blocker)

Manton Tournament -- July 9th & 10th

Are you interested in camping in Manton _____ Yes _____ No

Do you want to

_____ wear our current uniform

_____ have t-shirts made (will you organize this ___ Yes _____ No)

