



Spartan Volleyball



Dear Simley "Spartan" Volleyball Player:

May 24, 2011

As we rapidly approach summer vacation, we must also think about volleyball next fall. As you may know, our first practice day will be **MONDAY, AUGUST 15TH**, beginning with player check-in from **9:00 to 9:30** in the main gym, after which we will begin the first of two sessions that day, morning and afternoon. **THIS INCLUDES ALL INCOMING 9TH GRADERS**. Please note that except for days off, **ALL** teams practice or play five days a week, with some Saturday tournaments and youth clinics, from August 15th until the end of the season.

Prior to August 15th, however, each player must register in the Student Activities Office by completing a Simley registration form and the Minnesota State High School League form. **You must have turned in both forms in order to participate in our tryouts.** You must also have an up-to-date physical on file with the school that is no more than three years old in order to participate in tryouts or practices. Please note that our player check-in on Monday, August 15th is our team check-in and not Simley's registration.

We have enclosed a preliminary schedule. Our pre-season training is very intense. **You will see that we will practice twice a day before school starts.**

We expect a great turnout for tryouts. Please note that tryouts will be conducted during six sessions from Monday through Wednesday of the first week to properly evaluate all age levels. Although some preliminary team placements may be made earlier, no player releases will be made until after the sixth session on Wednesday. We hope to have enough positions available so everyone who wants to play volleyball will be able to do so. Last season, we were forced to release players from the program because of the large turn-out. If you cannot attend all of the sessions, you must contact Mark prior to August 1st, as we may be out of town on vacation.

Tryouts will include the following:

1. Physical tests
2. Skill performance evaluations
3. Team play evaluations
4. Attitude
5. Intrinsic traits evaluations (e.g. leadership, work ethic, etc.)

We base our selections and team placements on what our athletes do during the tryout period and what we perceive their potential to be. Contrary to annual rumor at every school, no player or team decisions have been made. The coaches will evaluate new players and returning players alike. Please wear a T-shirt, knee-pads, white socks and court shoes. Do not wear jewelry of any kind, including earrings, and we require shirts to be tucked in when you enter the gym. We strongly recommend ankle protection such as Active Ankles. You should also bring your own water bottle and be prepared to drink a lot of water as it will probably be very hot in the gyms.

The tryouts practices will include strength and agility testing and training, and may include regular sessions in the weight room for 9th through varsity teams. Any running, sprinting, crunches, back extensions, push-ups and strength work you do before August 15th will help you tremendously. **We strongly recommend the Spartan All-Sport Strength & Conditioning Program 2011, which includes training that will definitely improve your volleyball performance.**

This letter will be sent to all players who were in Simley's high school program last season, indicated their interest in Inver Grove Middle School, or expressed interest in Spartan volleyball. If you know of any players who did not receive this letter or a preliminary schedule or we had an incorrect address, please give them a copy or the following contact information. If you have any questions or concerns, the best place to contact our program during the summer is Mark's home 651-457-4846 or email at kaschke@msn.com.

Simley's Summer Camp will be held the week of July 11th. Open volleyball gyms will be 6:30 to 8:00 PM on Tuesdays & Wednesdays in the middle school gyms at IGH MS starting Tuesday, June 14th through Wednesday, July 27th. The Simley High School gyms are not available for sports this summer.

There is also a host of information about Spartan Volleyball and volleyball in general at simleyvolleyball.com. Please check out our site regularly.

Thank you. We look forward to seeing you in the near future.

Mark Kaschke & Mindy Tavernier & Jennifer Moe & Brenda Verway & Tibi Mozes

"Do one thing every day you don't want to do – It builds confidence and shocks other people." Mark Twain