



CATHEDRAL VOLLEYBALL

Coach MOH → Mary Ording '09 Hemer
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Coaching Mission: To help in the development of confident, competent, respectful, team-oriented & successful young women through the sport of volleyball & our Cathedral volleyball family.

IMPORTANT DATES:

Girls Volleyball 2021 Call-Out Meeting:

- APRIL 18th @ 2PM in the Cathedral High School Cafeteria
 - *Please practice social distancing and sit with your family members; Masks are required*
- We will share program expectations, official vb summer schedule of conditioning/open gyms at that time

Athletic Physicals Night for 2021 - 2022 (hosted by Cathedral HS)

- Date TBD, Cost is approximately \$20
- *This is a gentle reminder that ALL students will need an updated physical and consent forms on file with Cathedral's Athletic Department in order to participate in ANY training sessions.*

Summer 2021 Pre-Season Training:

- Runs from June 7th to July 22nd
- Strength & Conditioning will be 2x a week for incoming 9th graders
 - Usually 6 - 8am on Tuesday & Thursday mornings
- Open Gyms will be 2x a week
 - Usually in the afternoons on Tuesday & Thursdays
- Student-Athletes will not have any training during 'dead weeks' or moratorium week (*Families are encouraged to schedule vacations and out of town trips during this time*)
Dead Week #1: May 30 - June 5 / Moratorium Week: June 27 - July 4 / Dead Week #2: July 25 - July 31

Summer Camp Information:

- We would like incoming 9th graders to attend Cathedral Volleyball's 'Elite Camp':
 - July 19th - 22nd @ 1PM to 4PM
 - Cost is \$115* (which also covers a camp t-shirt & volleyball)
 - **If incoming freshman families are unable to make the cost of camp work in their budget, please communicate with Coach MOH for confidential payment plans/options.*
 - Please sign up online using this link:
<https://www.gocathedral.com/on-campus/campcathedral>
- 9th Graders are also invited to attend and participate in the final night of our team camp on Thursday, July 22nd from 5:30pm - 8pm (no cost).
 - Students are welcome to stay in between elite camp and team camp sessions if they would like. Please be sure to pack snacks/plenty of water, etc.

2021 FALL SEASON (from IHSAA):

- CHS Tryouts begin on August 2, 2021 (& will run through August 4th)
 - Matches are allowed on/after August 14, 2021
 - IHSAA STATE TOURNAMENT BEGINS:
 - Sectional Matches: October 12/14/16, 2021
 - Regional Championship Matches: October 23, 2021
 - Semi-State Matches: October 30, 2021
 - State Championship Match: November 6, 2021
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