

June 2021

Welcome to the 2021 volleyball season!

Pre-Season Schedule

This year, the official start of pre-season play is Monday August 23rd. We will be holding TWO try-out sessions per day during the first week—one for everyone and one for those interested in a Varsity spot. The Varsity try-out session is open to anyone and no invitation is required. However, it is not recommended for players who are completely new to volleyball for safety reasons. A couple years of school or club volleyball experience is recommended to attend the afternoon sessions.

Monday August 23rd through Friday August 27th

9:15 - 11:15: All-Program Tryouts

2:00 - 4:00: Varsity Tryouts (Monday - Thursday)

We will choose teams sometime during that first week and official Varsity and JV practices will begin on **Monday August 30th** from **3:30 - 5:30 PM** and will continue at that time throughout the remainder of the season. Note: Varsity often has a scrimmage prior to the beginning of school, so please do not plan any travel in the two weeks leading up to Labor Day.

Conditioning and Equipment

Even if volleyball is a new sport for you, you can still prepare yourself for the season by strengthening and conditioning your body over the summer. We will spend time throughout the season maintaining a competitive level of conditioning, but it will be easier to transition to playing every day if you are already in shape. Volleyball is a fast-paced and explosive sport. It is also a sport of strong legs, core, and arms, so choose your favorite exercises to strengthen those areas and stick with them throughout the summer.

Please come to our first practice prepared to play. You should have knee pads, which can be purchased at most sporting goods stores, and a sturdy pair of court shoes. Volleyball shoes are recommended but not required. If you choose not to wear volleyball shoes, make sure your shoes are sturdy cross-trainers with support, as rolled ankles are a common volleyball injury.

All players (even returning ones) need to have an up-to-date (they are good for a year) physical on file with Potomac or they will not be able to participate in the first day of tryouts.

Expectations

- Be on time to practice and ready to begin warming up at the start of each practice time
- Be a helpful contributor to the team (all girls are asked to help shag balls, put up and take down the net, and stow equipment)
- Be encouraging and positive with your fellow teammates
- Be focused, attentive, and ready to work hard at practice
- Contact your head coach if you are not able to make practice or must come late/leave early for any reason

Please note that Potomac is currently interviewing for a new head of program. We hope to name a new coach by late July. In the meantime please direct any volleyball related questions to our interim head coach, Katherine Proctor (kproctor@potomacschool.org)

Happy Summer!