

05/23/22

Dear Parents,

Your student has expressed an interest in playing volleyball for the Rowland Hall high school team during the upcoming 2022 fall season. I wanted to take this opportunity to introduce myself and give you some information regarding the fall schedule.

I am the Director of Athletics for the school and have also coached Volleyball for over 40 years, 26 years in the Rowland Hall program, most of those years as Head Coach, until I chose to step away from coaching after the 2018 season. I couldn't stay away from the court for long, though, and returned as Head Coach last season. I will be joined again this year by long-time assistant coach Kathy Howa, and hopefully as well by alum and returning Freshmen team coach, Chloe Coleman-Houghton, all of us excited about the upcoming season.

We are scheduled to begin practices on **Monday, August 8. A full practice/match calendar will be emailed out soon.** Pre-season practices are critical to our team's development, and we cover much information in the two weeks before our matches begin. **Matches start August 25**, so we don't have much time to prepare the team for competition. For this reason, it is critical that you try to arrange vacation plans around this starting date. **Depending upon how many players choose to sign up for Volleyball, it may be necessary to hold an actual tryout and have a cut, so attendance during pre-season is even more critical (incoming 9<sup>th</sup> graders will NOT be cut.) I expect to be notified if there are any conflicts, and well in advance, please.** Missing any of the preseason will impact playing time and, if too much will be missed, could jeopardize the possibility of team membership, period. Practices will be held from 3:30 to 6:30 p.m. until school starts (see volleyball calendar for specifics as there are some exceptions to this) and then will be held daily (except on game days) after school from 3:30-5:30 p.m.

We will hold a **required** parent meeting via Zoom on Wednesday, August 10 from 7:30 to 8:30 p.m. I will send an email Zoom invite out to everyone in August. This meeting is **mandatory**, and your athlete will not be allowed to play in a match unless you attend. If unable to be there, you must set up a one-on-one meeting with me, though it is definitely preferred that you attend the scheduled meeting.

In the interim between now and August, there **may** be other opportunities for your athlete to get involved in camps and clinics that will focus on developing and improving their volleyball skills. I would recommend keeping an eye on the University of Utah, Salt Lake Community College, and Westminster College athletics websites if you are interested in finding skill development opportunities during the summer off-season. Your athlete is responsible for registering for any offered camps on their own if they are interested. **We will be holding our annual Rowland Hall Team Camp at the Lincoln Campus gym on June 9, 10, and 11** for those who have registered to participate in that skill development opportunity.

**There are two required forms that must be submitted by JULY 20 for your athlete to be eligible to play on the volleyball team, one of the most important being PHYSICAL EXAMINATION FORM A. A new mandate from the UHSAA took effect in 2014-15 REQUIRING A PHYSICAL EXAMINATION BE PERFORMED ANNUALLY. The other required form that must be printed, completed, and submitted is the Transportation Permission Form.** Several other forms are also required and will be read and E-signed by you and your athlete as you register them for Volleyball on the UHSAA site called "Register My Athlete", that procedure outlined in another attachment to this email. **Registration on the "Register My Athlete" site needs to be done by July 20.** All forms except for the Physical Exam and the Transportation Permission Form will now be **electronically signed by you and your student.**

Our schedule and some other volleyball related information can be found through accessing the Parent Portal on our website.

Please contact me at 801-550-8454 or via email at [kendratomsic@rowlandhall.org](mailto:kendratomsic@rowlandhall.org) if you have any questions. I am excited about our prospects for the 2022 season and am looking forward to being back on the court with what looks to be a great group of players!

Best,  
Kendra Tomsic  
Head Volleyball Coach/Director of Athletics  
[kendratomsic@rowlandhall.org](mailto:kendratomsic@rowlandhall.org)