



BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN GET TO KNOW YOU BETTER

Dear Thayer Volleyball Players and Families,

We hope that this email finds you well in preparations for the end of the school year and the beginning of the summer. We wanted to reach out to provide some ideas for how to prepare for the fall season. Whether you are playing for the first time, hoping to play JV, or planning on trying out for Varsity, we suggest that you find ways to play as much volleyball as possible this summer.

Coach Westman will be working at a few of the SMASH skill-specific camps later this summer. You can find a link [here](#). They are somewhat far away if you live on the south shore, but they follow many of the principles we try to instill at Thayer and provide an opportunity to focus on one particular skill intensely. They also run grass doubles tournaments throughout the summer. You can find a link [here](#).

Coach O'Brien also created a basic workout plan that you can do at home for those of you who do not already have a program you follow - [Summer Volleyball Packet](#).

Our captains - Saoirse Morrissey, Abigail Burrell, and Naraya Dasilva - will organize Open Practices in August. We are still finalizing dates and times of these practices, but plan on them being two or three times a week in the late afternoons/evenings.

We would like to emphasize that the best thing you can do to prepare for the season is to play a lot of volleyball this summer. Playing in doubles tournaments is the best way to get better quickly because you have to be able to do all of the major skills to succeed. If you need help finding camps or doubles/fours/sixes tournaments to play in near you, please feel free to reach out.

The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. Note the fitness center will not be open from 7am - 9am the weeks of July 5 &

August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.

Best,
Coach Westman and Coach O'Brien
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2026 Team Captains:

- Abigail Burrell: burrellab@thayer.org
- Naraya Dasilva: dasilvana@thayer.org
- Saorise Morrissey: morrisseysa@thayer.org