

Columbus School for Girls Volleyball 2007 Summer Event Meeting Agenda and Notes

8 May 2007, 6:00 pm – 7:00 pm

Purpose

Meet the coaches, and to understand the CSG Volleyball events planned for this summer

Introductions

Coaches

Dave Mitchell	Varsity
Kristen Hershberger	Varsity Assistant
Anne Gordon	Junior Varsity
Kim Myers	Middle School
Amber Lee	Lower School

Schedules and Ideas behind schedules

“We will get out of this program as much as we put into it”

Based on feedback from some players and parents and because it is sound preparation, for 9-12th we have setup a training program over the summer. So starting in June, you'll see a lot of weight days, aerobics and aerobic/mix days, and then in July you will see some of the same, but with volleyball contact days mixed in.

Our plan is to test each player's physical conditioning and then customize a plan and help them progress, while monitoring to see how each is doing.

Each player is different, so each player needs a customized program.

Our goal is to get you into the physical shape necessary to play good volleyball, without burning you out, and without over-stressing your bodies until you are ready for it.

We prefer to “ramp-up” over time, in order to build the proper foundation, as your bodies adapt.

Don't be afraid of conditioning; it won't be as hard as you might think, and you will make progress; you will have a plan we will be working from (and you'll know that plan right at the beginning).

Many days on the plan are “self-paced” days, but still necessary; it is important to keep to the plan.

Schedules are printed and will be available on our Team website at www.sarcd.com.

Keep in mind that we do expect these to change somewhat, based on what we don't know, and other surprises that are bound to occur. Visit the Team website frequently to check for updates.

Camps

We will be hosting a camp for Forms 4th through 8th on July 10, 11, and 12. There are flyers here, and they will be on our Team website.

For forms 9th – 12th, rather than hosting a specific team camp this year, we felt we should use our available contact days and the concept of periodization to gradually ramp up the volleyball specific days over the summer; we have 1 contact day at the end of June, then we ramp-up more frequently throughout July.

Important dates

Forms 4 – 8

You have your own open gyms every Wednesday in June, and on 18 and 25 of July (Wednesdays).

Your Volleyball camp dates are on 10, 11, and 12 July.

Open gyms are unstructured, free-time in the gym to play volleyball and do other volleyball stuff.

Forms 9 – 12

You have your own open gyms the last 2 Wednesdays in May, and every Wednesday in June at Grandview (combined for more fun). I encourage you to attend if you can.

Fitness testing and the beginning plan is 2 June 2007, 8:00 for Forms 11 and 12, 10:00 for 9 and 10. Fitness testing repeats every 3 weeks (23 June, 14 July).

Weight days are Tuesdays and Thursdays.

Aerobic/mix days are Mondays and Saturdays.

Very important contact days are 30 June, and 7, 14, 18, 21, 23, 25, 28, 31 July. (But if you are currently playing Club volleyball, I don't want to see you on 30 June!).

These contact days are very important. They give us a jump on our season; once the season starts, our schedule gets compressed, making it difficult to succeed if we have not spent time building the foundation.

“We will get out of this program as much as we put into it”

The team needs each of us to be at as many of these contact days as we can possibly make!

Website and communications

Schedules, plans, etc. will be posted to www.sared.com

See the main page, and see the “Columbus School for Girls Volleyball” link (password is “strength”)

Visit this site frequently to check for updates to schedules, plans, resources, etc. Changes to content will be marked by a “last updated on” blurb at the top of each page.

We prefer distributing more information rather than less, so if you don't want our e-mails, e-mail me back and I'll take you off our lists.

Questions?