



SHAKER HIGH SCHOOL – Freshmen Girls Volleyball



Dear Students, Parents and Guardians,

I hope everyone enjoys their summer break, but as we all know the 2011-2012 school year will be here before we know it. With the new school year approaching, this also means that volleyball tryouts will begin shortly. In order to prepare for the upcoming tryouts here are a few fitness suggestions and expectations:

- ☺ Be able to run a mile in a time faster than 9:00 minutes
- ☺ Be able to do at least 25 sit-ups in one minute
- ☺ Be able to do at least 12 squat thrusts in one minute
- ☺ Be able to jump rope and jump at least 40 jumps in one minute
- ☺ Attend the Town of Colonie summer volleyball camp at SHS 7/5-7/8 – This camp is run by Shaker coaches and it is a very good way to prepare for tryouts in August. If you would like more information regarding this camp, e-mail me at rebeccakohn@ncolonie.org

Tryouts will begin on Wednesday, August 24th at Shaker High School in the H Gym from 8am-10am. Tryouts will continue on Thursday and Friday, same time and same place. Upon making the team, future practice dates and times will be provided.

Be sure to bring the following to tryouts:

- ☺ Appropriate athletic attire and athletic shoes
- ☺ Water bottle
- ☺ Knee pads (optional)
- ☺ A willingness to work, a positive attitude and a smile ☺

Be sure to have turned in the following before attending tryouts:

- ☺ Parent permission forms
- ☺ Physical forms to the school nurse

Attention girls entering 7th or 8th grade... If you are interested in trying out for Freshmen Volleyball I ask that you please e-mail me as soon as possible. In your e-mail I ask that you provide me with information about your volleyball experience along with an explanation as to why you feel you are qualified to play Freshmen Volleyball. I also ask that you please provide me with the name and phone number of one non family reference (i.e. PE teacher or coach) who would recommend that you try out for this sport. Once I hear from you, the committee will review this information to determine whether you are qualified to take the Selection Classification test. This is a maturity test based on your level of maturity and fitness. Prior to taking the S and C test you must complete and return a parent permission form along with a maturity form from your family doctor. Upon turning in these two forms and passing this test you will then be eligible to try out for Freshmen Volleyball. The S and C test will be held on three different days this summer, please be aware that these are the **only three days** that this test will be administered. If you do not pass the test on the first day, you may take the test again on one or two of the other days that the test is being administered. The testing dates are as follows: July 21st 8-10am, August 10th 1-3pm, and August 17th 9-11am. All athletes taking this test will meet on these days at the Shaker High School tennis courts.

The standards for this test are as follows:

Shuttle Run: 11.0 seconds; Standing Long Jump: 5' 4"; Flexed Arm Hang: 10 seconds; Sit-ups: 40 in 1 minute; 50 Yard Dash: 8.2 seconds and 1.5 Mile Run: 15:45

NOTE: All parents must attend the sports information night on Tuesday, August 30th at 7pm in Shaker High School. In order to allow your child to participate this season, attendance is mandatory for parents to sign the expectations and conditions agreement. If unable to attend, please contact me so we can set up a meeting to review this information.

This will be my fourth year coaching the freshmen girls volleyball team, but for those of you that do not know me, let me take this opportunity to briefly introduce myself. My name is Rebecca Kohn and I am a graduate from SUNY Cortland, where I majored in both health and physical education. For the past two years I have taught physical education at Maplewood Elementary, Loudonville Elementary and Shaker High School and this year I will be teaching at both Shaker High School and Loudonville Elementary School.

I am very excited for this upcoming volleyball season. I have high expectations for this team, both on and off the court. I feel that being a student athlete is a privilege and that you need to perform both on the court as well as in the classroom. Your studies come first and you will be expected to keep your grades up and to have a positive attitude and strong work ethic. I hope you all enjoy the rest of the school year and your summer, and I look forward to seeing you on August 24th!

Sincerely,

Rebecca Kohn rebeccakohn@ncolonie.org