

Dear Shaker Students, Parents and Guardians,

Please let me take this opportunity to introduce myself as the Girls' Varsity Volleyball Coach at Shaker High School. My name is Lauren Sheeler and this will be my fourth year with the Blue Bison as both a coach and a Spanish Teacher in the High School Foreign Language Department. I grew up in Southern California, where volleyball is a very competitive sport, and I played collegiate volleyball at the Division I Holy Cross in Worcester, Massachusetts. I am excited for the 2011 fall season, and want to communicate a few crucial ideas concerning my team expectations and goals, as well as a summer and preseason calendar.

Girls who are interested in trying out for any level at Shaker High School should be in competitive playing shape and have a sport physical submitted to the nurse (players will not participate in our scheduled scrimmage if they do not have their physicals BY THE FIRST DAY OF TRYOUTS). On the first day of tryouts there will be several "fitness" testing events. These include:

1 (one) mile run - under 8 (eight) minutes
Vertical jump
Sit-ups in one minute
30-60-90 volleyball sprint
Squat Jumps/Blocking
Continuous jump rope (1 minute)

My philosophy about coaching is that if I have the most in-shape and hardest working girls, I can teach them the volleyball skills to be successful. Over the summer think about preparing your body and mind for tryouts and for the season in general. Bring a positive attitude and a willingness to work, and we should have a great year.

During the summer, I will hold weight room and conditioning times at the High School in the H Gym and weight room. All girls interested in trying out in August should try to make these dates. Conditioning is not a formal practice; it is simply an opportunity to prepare individually for the upcoming season.

Open Gym Dates (all days 10-11am)

July 19

August 9,11,16,18

There are also several volleyball camps being offered in the Capital Region during the summer. I will be running the volleyball camps sponsored by the Town of Colonie and the CYC. Because I will not be running organized open gyms this summer, it is highly recommended that girls interested in trying out in the fall attend these camps. These camps provide a great opportunity to improve on individual skills and get into shape.

Town of Colonie Volleyball Camp

July 5-8

12-3pm

SHS H-Gym

CYC Volleyball Camp

August 1-5

9am-12pm

Ciccotti Center

Additionally, we will start our preseason tryouts on August 22, 2011. This is the tentative schedule:

Aug. 21	22 Tryouts for JV and Varsity 10-1pm (Only Freshmen who have been <u>invited</u> to try-out may attend. Otherwise, this tryout is for Sophomores, Juniors and Seniors only.)	23 Tryouts 10-1pm	24 Final Tryout 10-12pm Cuts Posted @ 12:30pm First Varsity Team Practice 1pm	25 Practice	26 Practice	27 Practice
28 Off	29 Practice	30 Tentative Scrimmage	31 Practice	Sept. 1 Practice	2 Match #1	3 Practice: TBA
4 Off	5 Off	6 Practice	7 Match #2	8 First Day of School Practice	9 Match #3	10 Off

After initial tryouts, each coach will determine their own practice time and dates. The calendar above reflects what Varsity girls will be accountable for after team tryouts. Of course, the calendar is subject to change as we get into the season.

I look forward to the coming volleyball season and hope that many new girls will come and tryout for the program. Have a restful summer and I'll see all of you on the 22nd of August.

Sincerely,

Lauren Sheeler
Varsity Girls Volleyball Coach
Shaker High School
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