

## 2022 HLWW Laker Volleyball

Dear Athletes and Parents,

I would like to take this time to invite your daughter to our first week of preseason, August 15th-19th. Players in 8th grade will have the opportunity to try out for the C/JV or Varsity team when our high school season begins. Your daughter is NOT guaranteed a position on the C/JV or Varsity team but it is a great experience to practice at a higher level. This opportunity is completely optional. When deciding on teams, we will consider your daughter's ability to play at the HS level and the positions needed to complete each team. We will ONLY ask players to continue to practice at the HS level if we feel they will benefit from playing at the higher level and have ample playing time. We will not bring players up if they will not get enough playing time compared to the 8th-grade level. If your daughter chooses to attend preseason, I ask she is there for the whole week - I know things may come up so please communicate ahead of time if there are any conflicts. Once again, I want to be clear there are NO guarantees for a position at the next level but we would like to give every girl the opportunity to try out.

In order to practice, all athletes must have their **FEES PAID, PHYSICALS UP TO DATE**, and **PAPERWORK** turned in by the first day of practice. Registration can be completed online on the activities webpage. There is also a **MANDATORY** parent, athletes, and coaches meeting on Tuesday, August 16th at 7 pm in the HS auditorium. Please let me know ahead of time if you cannot attend.

The 2022 HLWW Volleyball season starts **Monday, August 15<sup>th</sup> at 7:30am**. Please meet in the HS gym at 7:30 am; we will walk to the track as a team to run the mile each morning.

### **WHAT TO BRING TO PRACTICE:**

- Indoor and outdoor athletic shoes (outdoor shoes for the mile run on the track)
- Wear navy/black spandex with a t-shirt (no cut-offs/tank tops/printed spandex or jewelry), knee pads, socks, and ankle braces are encouraged.
- Healthy snack for a mid-morning break, water bottle, towel

### **AS COACHES WE ARE LOOKING FOR PLAYERS WHO:**

- Leaders ON and OFF the court.
- Hustle from drill to drill.
- 110% effort and working hard ALL the time.
- Keep the ball off the floor.
- Competitive attitude.
- Continually ask and look for new ways to improve their volleyball skills.
- Respect their coaches and teammates.
- Push themselves and their teammates around them to improve with every drill, practice, and game.
- HAVE FUN AND BRING ENERGY EACH DAY!!!

**If you have any questions please contact me by email, Brooke Orazem, [borazem@hlww.k12.mn.us](mailto:borazem@hlww.k12.mn.us). We are looking forward to a great 2022 HLWW Volleyball season!**