

2022 HLWW Laker Volleyball

Dear Athletes and Parents,

I say this every year, but I can't believe it's already time to get back into the gym. Each summer seems to go by faster and faster! It's been a fun summer working with such a committed and hard-working group of players. The amount of growth we've seen this summer has been second to none. We can't wait to see what happens when we're in the gym every day! For those of you that don't know me, my name is Brooke Orazem, the Head Girls Volleyball Coach. This will be my 7th year as the Head Coach, as well as teaching at the HLWW Middle School where I am the 6th Grade, math teacher. At this point I've had many of your daughters in the classroom; now I get to see them excel in the gym. I am excited to dive into another season with the addition of some great coaches, Maddie Entinger (JV) and Hailey Krueger (C).

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 15th at 7:30am**. This is for athletes entering grades 9-12. 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

WHAT TO EXPECT DURING PRESEASON:

Expect to work hard and to be challenged. You should hustle when shagging balls, moving from drill to drill, and going to and from water breaks. Expect to improve your volleyball skills and become a better athlete and teammate overall. The coaching staff will be looking for coachable athletes who have a great work ethic, love to compete, bring high energy, and want to become better players and teammates. Prior volleyball experience or skills help but are not required. Players will be asked to demonstrate their understanding of basic volleyball skills (passing, serving, hitting, setting, blocking, and defense) in competitive situations. As with most team sports, coaches will evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle, opposite hitter, defensive specialist, and/or libero). Teams will be decided by Friday, August 19th based on the number of players in the entire program, positions needed for each team, ability, and where we see players receiving the most playing time.

If you have any questions please contact me by email. We are looking forward to a great 2022 Laker Volleyball season!

Brooke Orazem – Head Volleyball Coach - Email: borazem@hlww.k12.mn.us