



2021 FOURTH BAPTIST VOLLEYBALL 6-8th grade

Varsity Head Coach: Becky Johnson, 507-676-4773, baj.glorify@gmail.com

Assistant/JV Coach: Sarah Stephens, 952-594-5501, sarstephens@yahoo.com

Jr. High Coach: TBD

As we begin to plan for the 2021 Season, we want to encourage you to participate in these opportunities to play volleyball this summer.

FBCS Open Gym (1-3pm)

June 1

June 8

June 15

June 29

FBCS Volleyball Camp - August 9-13 (See attached info for how to register)

Dress Code - For open gym and camp, please follow the school guidelines: shorts must come "close to the knee" (past your fingertips when hands are at your side) and be loose fitting. No leggings or form fitting pants/shorts. Shirts must have sleeves – no tank tops and must be modest at all times (waist and neckline).

Bring correct shoes and knee pads. Bring your own water bottle.

Medical/Sports Forms to complete for the 2021 school season -

1. Sports Physical - must be 3 years old or less (physical form attached).
2. If a sports physical is more than 6 months old, athletes and parents must complete the MSHSL Annual Questionnaire (see attached).
3. Copy of Health Insurance Card turned into office

*Athletes must have all items turned into the school office no later than *Monday, August 23rd*. If you are unsure if you are in need of a physical, please contact the school office (763-417-8240).

Summer Workout Challenge:

These are some basic cardio/strength workouts you can do at home this summer! Challenge: do each workout 3 days a week.

For each exercise below, go for 30 seconds. Take 15 seconds rest before you start the next exercise. Remember to breathe in your nose, out your mouth as you workout (no huffing and puffing!).

Have water and hydrate throughout the exercise. Stop exercising if you feel pain or are not sure you are doing something right.

1. Jumping Jacks
2. Squats (legs shoulder width apart, knees do not go over ankles)
3. Push ups (you can go on your knees until you get stronger. Back flat!)
4. Ab crunches (lower back to the ground. Do not pull on your neck!)
5. High knees
6. Lunges (step forward bending back leg to the ground. Front leg should not bend over ankle, alternate)
7. Plank (back flat!)
8. Push ups (go as long as you can)
9. Squat jumps (squat first, swing arms and jump as high as you can with arms over head)
10. Quick feet (rapid fire feet in one place)

Repeat or move to #11

11. Stretch to cool down, continue to breath in your nose out your mouth until normal breathing resumes.

*Add more time (15 sec. increments) to each exercise as you get stronger.