

### **Juniors:**

We would like to order any Warrior-wear by August 21, so please be planning that this summer. You will need to work with Coach Stephens during the first week of preseason to finalize the design and then she will create order forms and put in the order for you. Please check with Coach Becky as you plan.

### **Preseason Reminders:**

\* Wear shorts that are close to the knee, a loose t-shirt with sleeves, knee-pads, and good tennis shoes. Bring a labeled water bottle.

- Preseason is mandatory for JV and Varsity.
- Please register your intent to try-out. There will be a google form on the FBCS website and we will also put it out on GroupMe.

## **Opportunity Available!**

We are looking for new managers for next fall. If you know of girls who would like to fill these positions, please ask them to talk to Coach Becky. They need to be servant-hearted, willing to learn and fill several different roles throughout the season, and preferably have some knowledge of volleyball (for stats).

### **FBCS Volleyball**

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### **Summer/Fall Info**

# **Warrior Volleyball 2023**



## Summer Opportunities

- We will NOT be having the open gym times during June like we have the last couple of years.
- Coach Sarah and I will try to open the gym as we can.
- Please try to come to Sunday night volleyball at Fourth throughout the summer (7:30-9:30 pm).
- We will be posting some workout videos and volleyball drills to do throughout the summer on the GroupMe\*\* summer group.

\*\*We will be using the GroupMe app to communicate with everyone this summer and then will make new groups in the fall. This phone app allows for easy group communication, but keeps phone numbers private as only the coach can view the numbers.

## Volleyball Camps

### Faith Volleyball Camp

- \*June 19-21 (M-W)
- \*During our basketball camp
- \*\$130 before June 1

### MBU Volleyball Camp

- \*July 24-28 (M-F)
- \*\$235 before July 1

### FBCS Volleyball Camp

- \* August 7-11
- \*\$80?
- \*M-F 3 hours per day
- \*More info will be e-mailed from the school office.

## Important Dates

- Preseason: Aug. 14-17 8:30-12
- Paperwork due Aug. 16\*\*
- V–Jamboree: Aug. 18
- Preseason: Aug.21-24 8:30-12 (Possible scrimmages on Aug 24) times TBD.
- JV/V–Games in Willmar Aug 25
- Normal practice: M, T, Th, F 3:30-5:45
- V– St. F tourney Sept. 8-9
- V–Faith tourney Sept. 28-30

\*\*The links and instructions for the paperwork are on the sports page of the FBCS website. You need to get a sports physical done every three years, so check where you are on that and get it done this summer if needed.