

# 2019 SM Northwest Volleyball Spring Meeting

## Summer Weights and Conditioning

- Form online – [www.smnwcougarvolleyball.com](http://www.smnwcougarvolleyball.com)
- 10:00-11:00 am (Open gym following at 11:30-12:30 pm)
- Monday - Thursday
- Cost (\$75) ---- Checks can be made out to **SMNW Lady Cougar Basketball**
- Volleyball specific training: SAQ, Jump Training, Core Strength
- Starting June 3<sup>rd</sup> - July 25<sup>th</sup>
- No weights and conditioning July 1<sup>st</sup> – July 7<sup>th</sup>

## Summer Volleyball Open Gym

- Monday – Thursday 11:30-12:30 pm
- All levels welcome
- Starting June 3<sup>rd</sup>
- FREE

## Volleyball Camp

- Monday June 10<sup>th</sup> – Thursday June 13<sup>th</sup>
  - High School 1:00-3:30 pm - \$80
- Cost is \$80 – **SMNW Volleyball Booster Club**

## Little Cougar Camp

- Monday June 10<sup>th</sup> – Thursday July 13<sup>th</sup>
  - 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Grade 5:30-6:30 pm - \$60
  - 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade 3:30-5:30 pm - \$75
  - Check made to **SMNW Volleyball Booster Club**

## South League Team Practice

- South League Practice – REQUIRED (times may change but will be communicated to you)
  - Varsity: Wednesday @ 4-6 pm – Coach Specht
  - JV: Wednesday @ 4-6 pm – Coach Theis
  - Sophomore: Wednesday @ 6-8 pm – Coach Davis
  - Freshman: Wednesday @ 6-8 pm – Coach Gerber

## Summer South League

- Parents need to sign up tonight and have checks in NO LATER than **May 1<sup>st</sup>**. Checks can be left in Coach Specht's mailbox in the office at SMNW.
- Rosters were pre-set to reduce confusion and issues.
- The Varsity (Coach Specht) will play on Tuesday nights at **NEW MAVS FACILITY: 1617 East Kansas City Road Olathe, KS 66062**
  - June 4<sup>th</sup> - July 16<sup>th</sup>
  - You WILL play Tuesday, July 2<sup>nd</sup>
  - \$50 per athlete
  - Make Checks Payable to Susan Specht
- Junior Varsity (Coach Theis) will play on Tuesdays at **NEW MAVS FACILITY: 1617 East Kansas City Rd**
- Sophomore (Coach Davis) will play Mondays at **NEW MAVS FACILITY: 1617 East Kansas City Road**
- Freshman (Coach Gerber) will play Thursdays at **NEW MAVS FACILITY: 1617 East Kansas City Road**
  - June 4<sup>rd</sup> - July 26<sup>th</sup>
  - You WILL NOT play the week of the July 4<sup>th</sup>
  - **Please see your daughter's coach for South League fee**
  - Make Checks Payable to Susan Specht

### **Physical/Concussion Forms**

- Physical Night: May at NW - \$20
- Print from our website or from Cheryl Horseman, the athletic secretary
- DO NOT GET A PHYSICAL BEFORE MAY 1<sup>st</sup> - It will be invalid for the next school year
- You cannot touch a volleyball at tryouts without a physical
- Concussion form will need to be printed from website or picked up separately

### **Orange Athletic Packet**

- Completed online. ***Physical form must still be turned in to the athletic office.*** Students and parents both will need to have access to their Skyward accounts in order to complete this task. The following steps should be followed to complete the task:
  - Log on to the Skyward account
  - Students will have to log on to their account, and go through the process of checking and utilizing electronic signatures. Parents will have to log on to their account, and go through the process of checking and utilizing electronic signatures.
  - Once logged in, click on to the online verification for your student.
  - Then click on to “High School Athletic Packet” (which is #5 choice in the right hand side of the page).
  - Upon opening the above choice, students and parents (pending who is logged in) can read and click the appropriate boxes throughout the packet.Total completion, with reading and clicking boxes will take approximately 10 minutes. If questions contact the SMNW Athletic office at 913-993-7400

### **Tryouts**

- The week of Monday, August 12<sup>th</sup>
- Three or four days
- Must have physical, concussion form and activity packet complete to tryout (NO EXCEPTIONS!)
- Turn your forms and activity packet in early!
- The school will not let you tryout without your forms and packet in 24 hours before tryouts!
- 24 Hour Rule - If your daughter does not make one of the 4 squads. Please take 24 hours before having her contact a coach to ask what happened/what to change for next year.
- What to expect at tryouts

### **Volleyball Website**

- [www.smnwcougartvolleyball.com](http://www.smnwcougartvolleyball.com)
- Check for forms and updates

### **SMNW Athletic Website**

- <https://sites.google.com/smsd.org/smnw-athletics/home>

### **Our Program Expectations**

- Our program will hustle, give the best effort possible.
- Every player is at practices/competitions EVERY day, on time!
- Each player gives their very best effort towards receiving an education.
- Every athlete will always be respectful.
- Players must pass at least their 5 core classes with a C or better this semester to be eligible to play in the fall. Players must be passing their 5 core classes with a C or better during season to be able to play.

### **Contact with Questions**

- Susan Specht – [smnorthwestvolleyballcoach@gmail.com](mailto:smnorthwestvolleyballcoach@gmail.com)

**We are very excited to work with all of your girls this summer and are looking forward to a great season next year!! Thanks for coming out tonight!!**

**Coach Specht, Coach Theis, Coach Davis, and Coach Gerber**