



**BALDWINSVILLE
GIRLS VOLLEYBALL
PRE-SEASON INFORMATIONAL MEETING**



INTRODUCTIONS - COACHES

Mary Jo Cerqua - Head Varsity Coach

- Email: lvtovolleyit@yahoo.com Cell: 315-427-3651

Danielle Saylor – JV Head Coach

- Email: danisaylor3@gmail.com Cell: 315-560-0911

Samantha Holdredge – Assistant Coach JV/Varsity

- Email: samanthaholdredge@gmail.com

Matt Fuller – Volunteer Coach/Stat Matt, Video and Website coordinator

- Email – Mfuller1369@gmail.com



SUMMER VOLLEYBALL

Tentative JV and Varsity Team Camp – July 20th – July 23 – We in a holding pattern with all summer camps.

As we receive guidance on camps updates will be shared ASAP.

- When we get the green light for camp - Please sign up for our JV and Varsity Team camp on our volleyball website. <https://www.beesvball.com/home> and there is a link to camps sign ups.

Sharkey's Beach Leagues! Sign up for Beach tournaments too.

Work out during the summer!

Play volleyball as much as you can



*

**The only
bad workout
is the one that
didn't happen**



TRYOUT DATES/TIMES/PRACTICES

JV and Varsity tryouts begin Monday, August 24th – Wednesday, August 26th – 3 day tryout

Historically: Sometimes JV and Varsity practice together, but NOT all the time

IF BOYS VOLLEYBALL ARE AWAY – WE WILL PRACTICE SEPARATE

PLEASE GET SCHEDULE GALAXY – GET THE APP ON YOUR PHONE

Prior to start of school – August thru Labor Day

- Site: Either Ray MS or Baker HS (8:00am – Noon) again, if the date/time changes, you will be notified ASAP) We will email, send out text messages, put it up on our social media sites and our webpage.

During School:

- Varsity 3:00pm – 5:00 @ Baker HS or 3:15pm – 5:15pm Ray MS
- JV 4:00pm – 6:pm @ Baker HS or Ray MS

Practice times and locations may be constantly changing due to restrictions.

*Labor Day Weekend – No practice on Monday,
Labor Day





FALL REGISTRATION DATES



VARSITY AND JUNIOR VARSITY:

Registration Opens: July 25th – ENDS August 17th, 2017

[Here](#) is a link to the Bville Athletics home page. Go to athletics and you will see a link to Family ID.

If you are new to Bville Athletics, you need to create a Family ID account and enter in all pertinent information **INCLUDING** a recent Physical for your child. If the physical is outdated, your daughter will **NOT** be eligible to practice.

Monitor your Family ID account to ensure your child is cleared.



GENERAL GUIDELINES TO FOLLOW FOR TRYOUTS!

- Athletes should arrive early, dressed, ready to play and help set up. Athletes should arrive on the schedule for practice time. 😊
- Each player will have a minimum of 3 days of tryouts.
- T-shirts, shorts/spandex, kneepads and volleyball shoes. Do not wear spaghetti strap tops or shirts exposing your midriff. Please wear appropriate size spandex as well. Also, do not wear jewelry or make up for tryouts. 😊
- Skills: Approach to ball, hitting, ball control, defense, blocking, ball tracking, leadership on the court, serving consistently and under pressure and many more.

Please look over our valuation \subric [ere](#)

Five things that you can control that require zero talent:

Be on time. Play with 100% effort. Maintain good body language. Bring positive energy/attitude. Be coachable.



work hard.
↳ have fun.
↓
make a difference.

TEAM HANDBOOK

The Baldwinsville Girls Volleyball Team Handbook is included [HERE](#).

Students should be aware that we are part of a proud tradition of Baldwinsville athletes with a known reputation of High Character with the league.

Student Athletes are also governed by the Bville Athletic Code of Conduct. That can be found on Family ID as well.

Please be aware that the code of conduct also covers expected Spectator Behaviors as well as student athlete code of conduct.



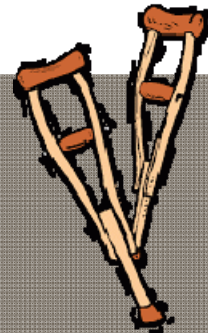
ARE YOU HURT?

All injuries, no matter how minor, must be reported to your coach immediately.

Inhalers/Epi-pens (NEED FOR TRYOUTS If labeled on participation form in Family ID) Please label it and we put in medical kits

Report all head injuries (Concussion) to your coach/trainer ASAP

Must follow concussion protocol set by athletic trainers and our school district



COVID – 19 GUIDELINES

Right now, there are many questions being considered regarding High School Athletics and COVID-19. Coaches will continue to receive guidance from Chris Campolieta as he gets information from state organizations.

This could mean many things – practice alterations, travel restrictions, shortened season, and other possibilities are all out there. As we, the coaches, know more, we will communicate that with you. Please know that our utmost concern is always the safety and well being of our student athletes.



BOOSTER CLUB

Our program relies on our Booster club to provide additional opportunities for our athletes to grow in this sport. However we are facing unique challenges this year.

Possible Fundraising opportunities: No Camps/No Money to program ☹️

This Year – Replacing Ad Campaign with a Go Fund Me Page.

Raffle Drive – In season – after teams are made.

On Going Bottle Drive – River Mall Downer St. - Continue to bring back

Varsity Tournament: Sat. Oct. 3rd – *We will need ALL JV Players and families helping.*

JV Tournament: Sat. Oct. 24th – *We will need ALL Varsity players and families helping.*

No tournaments, no Money

Past Events – Travel tournaments/Scrimmages, Senior Night, Banquet, team bonding activities, etc...



If you are not yet a part of this email list – please send an email to

bvillegirlsvolleyball@gmail.com

To be added to the email list the Booster Club will then communicate information to you as well.

IMPORTANT POINTS:

1. SIGN UP ON FAMILY ID STARTING JULY 25TH
2. GO TO OUR WEBSITE AND SIGN UP ON SPORTS ENGINE ASAP!!!! [HTTPS://WWW.BEESVBALL.COM/HOME](https://www.beesvball.com/home)
3. WE WILL SEND OUT REMINDERS VIA EMAIL, THRU SPORTS ENGINE AND OUR SOCIAL MEDIA SITES.
4. WORKOUTS/DRILLS AND SKILLS WILL BE SHARED ON SPORTS ENGINE NOT GOOGLE CLASSROOM BEGINNING JULY 1ST.
5. SUMMER CAMPS ON HOLD – WE WILL UPDATE YOU AS NEEDED.
6. CHECK OUT OUR HANDBOOK, TRYOUT RUBRIC, WEBSITE, SOCIAL MEDIA SITES
7. PLAY VOLLEYBALL! SET UP PLAY DATES, PRACTICE BALL CONTROL DRILLS, PLAY BEACH VOLLEYBALL.

THANK YOU!

PLEASE STAY SAFE – WASH YOUR HANDS – PRACTICE SOCIAL DISTANCING - DON'T TOUCH YOUR FACE! :)
WE MISS YOU! STAY IN TOUCH! GO BEES!!

