

# CHALK TALK

The Official Newsletter of  
Sylvania Northview High School Volleyball



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**NORTHVIEW**

VOLLEYBALL

## 34 DAYS UNTIL TRYOUTS

### by Chad Rutkowski, Head Coach

The beginning part of this season has been wonderful thus far. Our athletes are certainly committed to the sport of volleyball and we could not be more excited for the start of the season - we hope you are excited too.

On behalf of our entire coaching staff, thank you for your flexibility with changes to the schedule and being able to be fluid with any necessary adjustments. We appreciate all of you and know that we strive to make sure that any changes are well thought out and very minimal, but COVID has definitely challenged even our organization and preparedness.

The month of July is a crucial month every year for the preparation for the upcoming season and this year we are capitalizing on every opportunity to get better in a safe manner.

From all of us, our staff, our athletes, our administration and fellow parents, we hope that you have a wonderful July and we can not wait to see all of you soon.

Go Cats! Point Northview!

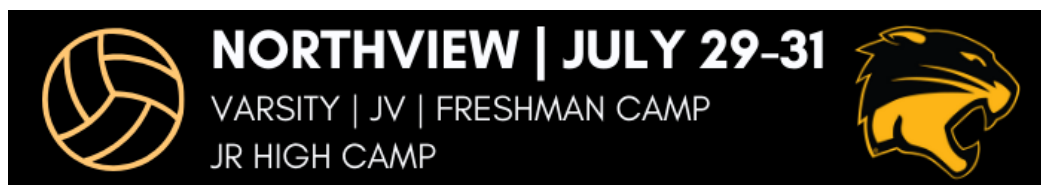


## 2020 SUMMER CAMP

We are excited to host the Asics Summer Site camp at Sylvania Northview High School! Our site camp registration link is live on the website using the link below. You must sign up before July 1st for the price will automatically go up. This is highly suggested as it falls the three days right before tryouts and is a great learning opportunity.

The dates/times of your camp is as follows:

- July 29 - 31 at Sylvania Northview High School
- \$175.00, 3 Day HS Camp & \$75.00 3 Day MS Camp
- 9-11:30 AM HS Session 1 | 11:30-12:15 Lunch | 12:15-2:15 PM HS Session 2 | 2:30-4:30 PM JH Camp
- **The price of HS camp is \$175.00 and will automatically go up to \$200.00 on July 1st** to ensure that players register so we can staff accordingly. Each time a player registers, our coaching staff will receive a copy of their registration. That way, we can track how many have registered and who has or has not. The icon below is linked to your camper registration page.



*Northview Volleyball is built on the following core values: Skill Development, Commitment, Sacrifice, Responsibility, Accountability, Dedication, and Perseverance.*

## JULY UPDATES

As July approaches, there have been some changes to the Northview Volleyball calendar:

- Starting July 6th, each athlete has been placed in a positional group and the calendar is reflective of this change. Athletes are to attend in the positional group they have been assigned until further notice.
  - Some athletes may move positional groups as we see fit and as the needs of the teams and program change. We appreciate your flexibility with this and hope that these changes will be minimal.
  - To find what group your athlete is in, please visit the Northview Volleyball calendar and their name is listed in the notes of each positional training.
    - If, by chance, you do not see your name listed, please contact Coach Chad immediately.
- Also starting July 6th, athletes will be getting into the weight room. Athletes may not choose to attend their positional group and skip out on weight lifting. Athletes must be in attendance for either both trainings or they will be absent for the day.
  - As we get into the weight room, our athletes will experience some soreness in their muscles - this is common. Daily stretching will need to become part of their routine in order to help recover. We will talk about this more with our athletes when we return to the gym.
- Our Thursday night league has been cancelled to abide by the OHSAA regulations regarding competitions. Please see page 4 for more detail.





## SPRIT WEAR

Attached to the same E-mail as this newsletter, you will find the 2020 Spirit Wear Order Form for Northview Volleyball. Please review that content as soon as possible and send back the Excel spreadsheet. All athletes must have an order form by Wednesday, July 29, 2020. We will order only those orders for individuals that make the program after August 1, 2020 Tryouts; any player that is not a roster after August 1st Tryouts will have their order deleted and will not be responsible for any portion of their order. Orders will be placed first thing on the morning of August 2, 2020 and payment for these items will be due on August 3, 2020.

**New Players to Northview Volleyball** - There is a section of the Spirit Wear Order Form that is required for all new players and this was discussed in our April Pre-Season Parents Meeting. Any new player that returns this section incomplete will have their order returned for modifications. Please follow the prompts on the order form.

If you are a returning player to the Northview Volleyball program and are not going to order any new gear for 2020, please E-mail Coach Chad Rutkowski directly so you can be accounted for.

## CALENDAR & DATES

Please subscribe to the Northview Volleyball calendar online:

- [Computers and Mobile Devices click here.](#)
- Please use this link and this link only to view the official calendar for Northview Volleyball.
- If you are having trouble, please contact (419) 392-5669.

Important Dates to Save for the 2020 Season:

- **June 26 – July 5** – There will be no volleyball! Enjoy your time with family during the 4th of July.
- **July 25 and 26** – Asics Summer Slam Tournament, Times TBD at Premier Academy
- **July 29, 30, 31** – Summer Site Camp held at Northview High School from 9:00 A.M. to 2:15 P.M. Junior High Camp will be held from 2:15 P.M. to 4:15 P.M. You must register for this site camp online and this will be sent directly to you. You will need to register and pay for this camp by June 1, 2020. The link is above.
- **August 1** – Tryouts – One Day Only from 9:00 A.M. to 10:30 A.M. (Session #1) and 11:00 A.M. to 1:00 P.M. (Session #2). Athletes will be required to attend both sessions.
- **August 2** – Spirit Wear Order Due.



*Follow all  
accounts with  
username -  
@NVHSVBALL*



## FINAL FORMS

This year, as in years past, The Sylvania Schools will be utilizing FinalForms to collect all information needed for each athlete to participate in their respective sport. If you have not signed up already for a FinalForms account, please visit <https://sylvania-oh.finalforms.com/> and create a new account. If you already have an existing account, please sign in and make sure that all information is updated and applicable for the 2020 school year.

## AT-HOME WORKOUTS

As promised, the "at home volleyball training" that can be done with simply with a ball and a wall. This is a great way to stay in active with the sport, no partner needed. If you have any questions on this, please do not hesitate to reach out to our coaches and we will help your athlete. For reference, this will be re-sent to all via our team GroupMe.

## THURSDAY NIGHT SUMMER LEAGUE

This year's Thursday Night Northview Summer League is not going to take place in order to obide by the rules and regulations of the OHSAA. The Thursday's throughout July have been updated on the calendar and will be used for practice time at Northview.

## OHSAA PHYSICALS

This year, Dr. Mickey Frame, of Frame Acupuncture and Chiropractic, will offer Physical Examinations for Northview Volleyball players for \$25.00 per athlete. As a kind supporter of Northview Volleyball, Dr. Frame donates all money collected for Physical's back to Northview Volleyball. To schedule a physical with Dr. Frame, please call (419) 475 9355. All exams will take place at 3829 Woodley Rd, Toledo, OH 43606. As a reminder, all athletes need an OHSAA Pre-Participation Physical Exam form filled out and returned prior to participation. You will not be able to participate in volleyball happenings until a physical has been turned in the coaching staff (this includes, but not limited to - open gyms, summer practices, conditioning, tryouts, leagues, etc.)

[Click here to access this year's Physical Form.](#) If you have a physical form completed, you can either bring it with you to a summer session or you can scan and E-mail it to Coach Chad to be filed.



*Follow all  
accounts with  
username -  
@NVHSVBALL*