

APRIL 2023

CHALK TALK

The Official Newsletter of
Sylvania Northview High School Volleyball



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2023 IS UPON US

by Chad Rutkowski, Head Coach

15 days until our Parents Meeting - April 17th at 7:00 P.M.

72 days until our first Open Gym - June 13th

120 days until Tryouts - July 31st (*Tryout Date has been changed due to recent changes to the OHSAA bylaws*)

As the coaching staff is underway with preparations for the upcoming high school season, we are extremely excited about some new endeavors and happenings for this year. As we have traditionally done, each month moving forward, the coaching staff will put together this newsletter and E-mail it to all players and parents from the past year rosters and all 8th graders who played at either Arbor Hills or McCord.

Distributing this newsletter is a great way to address our families with upcoming news and events and is just one way we will foster engagement, communication and collaboration amongst all involved. While this newsletter can sometimes be cumbersome, it is important to communicate throughout the year with everyone. We sincerely hope that you find each communication valuable and timely as they will provide some great information to make sure you stay informed.

Go Cats! Point Northview!



2023 CALENDAR AND IMPORTANT DATES

Online Calendar for Northview Volleyball – Summer dates and practices are set for the 2023 season with a few minor changes to be expected. Please subscribe to this calendar on your mobile devices before our April 17th Meeting

- Computers and Mobile Devices:
 - Apple Devices: <https://tinyurl.com/ya5c3gjz>
 - Google and Android Devices: <https://bit.ly/307LzCA>
- **Monday, April 17, 2023** – Player and Parent Meeting – at 7:00pm in the Northview Cafeteria
- **Tuesday, June 13, 2023** – First Summer Practice/Open Gym for Freshman Only –
- Incoming 9th Graders Summer Camps – Monday nights throughout June and July
 - More details to follow but will be 5:30 P.M. to 7:30 P.M. and based on position
- **Thursdays In July** - Summer League at Premier Academy in Maumee
- **July 14 – July 16, 2023** – Returning Varsity Players and Invited Players - Ohio State University Team Camp
- **Monday, July 31, 2023** – Tryouts – One Day Only – from 5:00 P.M. to 6:30 P.M. (Session #1) and 7:30 P.M. to 9:00 P.M. (Session #2)
 - Athletes will be required to attend both sessions
- **August 2, 2023** – Spirit Wear Order Due

PRE-SEASON ATHLETES & PARENTS MEETING

We will officially kick off the 47th season of Northview Volleyball on **Monday, April 17, 2023 at 7:00 P.M. in the Northview High School Cafeteria**. This meeting will last about 45 to 60 minutes. Please feel free to share this information with anybody that might be interested in playing volleyball in 2023 at Northview.

A friendly reminder, if you are a new athlete to the program (either a transfer or incoming 9th grader), you will need to fill out the **Athlete and Parents Information sheet that can be accessed online by clicking here**.

All incoming freshman volleyball players from both Arbor Hills and McCord have been included on this E-mail, as well as our other 8th graders that have expressed interest in attending Sylvania Northview High School previously, but the link above will be your formal prospect information that we will communicate moving forward.



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



SUMMER CAMPS

We are excited to host an array of Volleyball Summer Camps at Northview for all athletes that range in age and experience through the Sylvania Rec. This year, we will have programs which are intended to attract the interest of young campers to introduce them to the game as well as programs that seek to focus on advance, specific skill instruction for advance and experienced players. Under the direction of Northview Head Coach, Chad Rutkowski, and his staff, each of our camps will focus on making better volleyball players in a fun, competitive environment. All sessions of Northview Volleyball Camps are open to any and all entrants, limited only by capacity and age/grade level.

We host these camps in addition to our now thirteen (13) permitted summer coaching days that we are allotted throughout the summer per the Ohio High School Athletic Association. Any changes to these summer camps will be communicated as they become available.

Registrations will be available online by [clicking here](#) and will be available for registration coming this spring. Please be on the look out for information surrounding these various camp opportunities.

2023 SUMMER CAMPS

Asics Summer Site Camp
for those not attending Team Camp
Grades 9th - 12th
July 24th - July 26th
9:00 A.M. to 2:15 P.M.
Cost \$210.00

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4th - 8th Grades
Sylvania Recreation Summer Camp
June 5th - June 8th
8:30 A.M. to 10:30 A.M.
\$60.00

Asics Summer Site Camp
Grades 6th - 8th
July 24th - July 26th
2:45 P.M. - 4:45 P.M.
Cost \$105.00

4th - 9th Grades
Positional Camps
Limit 50 campers per session
5:30 P.M. to 7:30 P.M.
\$20.00 per date

K - 3rd Grades
Sylvania Recreation Summer Camp
June 5th - June 8th
11:00 A.M. to 12:30 P.M.
\$45.00

Monday, June 12th - Serving Camp #1
Monday, June 19th - Passing Camp
Monday, June 26th - Attacking Camp
Monday, July 10th - Serving Camp #2
Monday, July 17th - Defense Camp
Monday, July 24th - Setting Camp

7th - 9th Grades
Tune Up for Tryouts
Sunday, July 30th - All Skills
5:30 P.M. to 7:30 P.M.
\$20.00

FOR INQUIRES AND MORE INFORMATION, GO TO NORTHVIEWWILDCATS.ORG

ALL SESSIONS OF NORTHVIEW VOLLEYBALL SPORTS CAMPS ARE OPEN TO ANY AND ALL ENTRANTS, BOTH BOYS AND GIRLS | LIMITED ONLY BY NUMBER, AGE/GRADE LEVEL. GRADES AS OF FALL 2023.



PHYSICALS AND FINAL FORMS

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 any 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](#).

Once again this year, Sylvania School will be utilizing the Final Forms platform to collect and record necessary and required paperwork for each athlete in their respective sport. If you have not already signed up for a FinalForms account, please visit www.sylvania-oh.finalforms.com and create an account. If you already have an existing account, please sign in and make sure that all information is up-to-date and applicable for the 2023 season.

WHAT'S NEW FOR 2023?

One of the most asked questions we receive each off-season is "so, what fun new things are planned for the next season?" Although we can not reveal all of our secrets just yet, what we can tell you should excite and surprise you:

- The 2023 schedule is as tough as the previous 2022 and 2021 schedules... As we vie for our third District Championship in three years (2022 and 2020), and our first Regional Champion and Final Four appearance, our 2023 schedule consists of:
 - Division 1 State Runner-up - Magnificat
 - Division 1 Final Four and Regional Champion - Perrysburg
 - Division 1 Regional Runner-up and District Champion - Olentangy Liberty
 - Division 1 District Champion (Sweet 16) - Amherst Steele
 - Division 2 State Runner-up - Gilmour Academy
 - Division 2 District Champion - Liberty Benton
- The 2023 Schedule can be found online by [clicking here](#) or can be accessed on all of our social media platforms.
- Our Promotion Schedule is bigger and better with themes for each home match and giveaways for fan.
- Continued improvement with technology efficiency and execution in practice including more film sessions with our varsity squad, slow motion and delayed video playback, and practice recordings.
- Increased and heightened focus of our Strength Training program with more lifting sessions for our athletes and the utilization of the Team Buildr App so our athletes can consistently workout with a structured plan full of instructional video, descriptions, and programs so they are maximizing their time in the weight room.
- The 2023 Spirit Wear is straight fire... and be on the look out for a website to purchase some of our gear throughout the year with some new and exciting logos and designs.





OTHER SUMMER 2023 EVENTS

NVVB has traditionally participated in a number of event throughout the summer months (June and July) and the 2023 season is no exception to that. In addition to our hosted Summer Camps list above, we will be participating in two (2) key summer events:

- **July 22 & 23, 2023** – Asics Summer Slam Tournament – Times TBD at Premier Academy
- **Thursdays in July** – Thursday Summer League (all players will participate each week) – At Premier Academy from 5:00 P.M. – 9:00 P.M. in July (refer to calendar for specific dates).

More information will be provided on both of these events as we get closer, but these are key events that will take place this upcoming July.

FUNDRAISERS

Each year, Northview Volleyball hosts a multitude of fundraisers to help raise additional support for our program to pay for summer leagues, tournaments, purchase equipment, improve technology and the on-going needs of our program as we continue to grow and invest in our athletes. All of these fundraisers need you and your networks to be successful and we appreciate your support and promotion of these events to make them successful. In addition, these are all on our Northview Volleyball calendar and will be posted on social media a couple times leading up to that specific event:

- **Tuesday, May 30, 2023** - Northview Athletic Boosters Golf Outing at Highland Meadows
- Summer Camps with the Sylvania Rec (previously mentioned)
- **Wednesday, July 27, 2023** - Chipotle Dinner Fundraiser from 5:00 P.M. to 8:00 P.M.
 - Eat at Chipotle on Talmadge and 33% of your order comes back to Northview Volleyball.
- Charlie's Ice Cream Fundraiser
 - JV - Sunday, August 6th from 3:00 P.M. to 6:00 P.M. | Freshman - Sunday, August 13th from 3:00 P.M. to 6:00 P.M. | Varsity - Sunday, August 20th from 3:00 P.M. to 6:00 P.M.
 - Eat at Charlie's in Sylvania and a portion of all funds come back to NVVB
- **Thursday, September 21, 2023** - Paddy Jack's Fundraiser from 4:00 P.M. to 10:00 P.M.
 - Eat at Paddy Jack's (owned and operated by a NVVB Family) and 20% of all food sales, both dine-in and carry-out, will come back to support Northview Volleyball.
 - Thank to the Varwig family for making this annual event possible.



Follow us on all social media platforms with username @nvhsvball



WEBSITE CONTENT

For the past couple of years, we have worked tremendously hard to maximize our resources and conserve the amount of waste that we have within our program. With that, we have digitized most of our materials and will share almost everything digitally with very little being sent in print form. This is always a chance for us to create some creative and innovative content which is exciting for the program. Please visit our website (www.northviewwildcats.org) and click on Team Files to access computer and mobile device backgrounds, daily checklist for athletes, links for match schedules only that you can share with family members.

We appreciate the support of going digital with most of our materials and hope that you will find them helpful and user friendly.

Follow us on social media

Facebook | Sylvania Northview High School Volleyball @NVHSVBALL

Twitter | @NVHSVBALL

Instagram | @NVHSVBALL

Snapchat | @NVHSVBALL

TikTok | @NVHSVBALL

Northview Athletic Website - www.northviewwildcats.org

All Northview Volleyball resources can be found online. It is highly encouraged that you utilize the website as much as possible. All of our match results and pictures of our athletes can be found on our social media - please like, follow, share and be as active as you can with our social media posts! It is a wonderful way to get people engaged with our program.

SPIRIT WEAR

The 2023 Spirit Wear Order Form will be delivered via E-mail to each family by May 1, 2023 and this will be talked about at the meeting on April 17, 2023.

We ask that each parent reviews the content as soon as possible and sends back the Excel spreadsheet that will be shared for you to complete your order. As we will stress moving forward, we will only place orders for those that are on final rosters after August 1st Tryouts and all other orders will be deleted and not fulfilled. Order will be placed immediately after July 31st Tryouts and payment for these items will be due on August 1, 2023. This ensures us that we have spirit wear with about 10 business days from ordering and that we will have all of our gear before the first match on August 19th.

More information on this will be presented at the meeting on April 17th.

If you have any questions regarding Northview Volleyball, call Chad Rutkowski, Head Coach at (419) 392-5669 or email chad.rutkowski@me.com

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Everything listed in this newsletter is subject to change as schedules are fluid and sometimes need adjustments. We will always communicate as things are modified and hopefully changes are few and far between.