

JANUARY 2023

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The Official Newsletter of
Sylvania Northview High School Volleyball



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HAPPY NEW YEAR, 2023!

by **Chad Rutkowski, Head Coach**

As we reflect on the past 2022 season, we are elated at the steps we have taken within our program to emerge as the elite program in Northwest Ohio. Coming off our Northern Lakes League title and second District Championship in three years, the foundation has been set.

As 2022 comes to a close, we celebrate the Class of 2023 - Justice George, Sydney Hires, Kamryn Hunt and Carter Webster. Northview Volleyball wishes you all the best on the endeavors ahead of you and know that you will succeed in all that you do. Always remember "no matter where you go, we will keep in touch, and you will always be welcome when you come home again."

For our returning players and families, It is important to remember that delivering exceptional results requires a different approach moving forward. The sport has shifted and so too must our strategies for preparation and success. We must continue to innovate, finding new ways of conducting our program and looking ahead with optimism. With hard work and dedication, there is no limit to what we can accomplish this year. Here's to an exciting 2023!





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.

- Computers and Mobile Devices:
 - Apple Devices: <https://tinyurl.com/ya5c3gjz>
 - Google and Android Devices: <https://bit.ly/307LzCA>
 - It would be highly recommended to subscribe to this calendar on your mobile devices
- Player and Parent Meeting – April 17, 2023 at 7:00pm in the Northview Cafeteria
- First Summer Practice/Open Gym for Freshman Only – Tuesday, June 13, 2023
- 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
- Tryouts – One Day Only – August 1, 2023 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
- Spirit Wear Order Due – August 2, 2023
- More dates will be added to the calendar as we move towards the season and events are finalized.

For our returning athletes:

- Throughout January through May, the calendar will show “Varsity - Monday Small Groups”. This is reserved for our Varsity athletes and will be by invite only. Per OHSAA regulations, we are permitted to have three (3) athletes in the gym at one time, therefore, we need to be cognizant of the total number of athletes at each small group session.

For our new and returning athletes:

- *Starting Tuesday, January 24, 2023* - Every Tuesday and Thursday from 6:00 A.M. to 7:00 A.M. Northview Volleyball will be having Optional Weight Lifting in the Fitness Center at Northview High School. These are optional, but highly recommended as strength training will provide us that additional edge in our skillset. Each athlete must sign up to attend using the following link: <https://forms.gle/HWyHCRpt7gEZr6MU8>.

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



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.

SUMMER CAMPS

We are excited to host a variety of Volleyball Summer Camps at Northview for all athletes. This year's summer camp schedule will include a week long camp for K - 3rd graders, a week long camp for 4th - 8th graders, a variety of day camps on Monday nights for 4th - incoming 9th graders and, new for 2023, a *Tune-up for Tryouts Camp* on Monday, July 31st, the day before tryouts.

In addition, we will host specific camps for our 7th and 8th graders as well as our high school athletes. Thank you to the Sylvania Rec for the continued partnership to expose all of our youth to the great sport of volleyball.

For more information on all of our summer camps being offered in 2023, please visit our website. Registration links and camp specific details will be available soon!