

APRIL 2024

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The Official Newsletter of
Sylvania Northview High School Volleyball



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2024 IS UPON US

by Chad Rutkowski, Head Coach

4 days until our Parents Meeting - April 15th at 7:00 P.M.
112 days until Tryouts - August 1st

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's 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!





2024 CALENDAR AND IMPORTANT DATES

Online Calendar for Northview Volleyball – Summer dates and practices are set for the 2024 season with a few minor changes to be expected.

- Computers and Mobile Devices:
 - <https://calendar.google.com/calendar/ical/nvvolleyball%40sylvaniaschools.org/public/basic.ics>
 - Or to view online, click here - <https://northviewwildcats.org/main/teamCustomPage/id/121169/seasonId/4725010/contentId/55692599>

Here are some key dates from the calendar above:

- **April 15, 2024 at 7:00pm** – Player and Parent Meeting in the Northview Cafeteria
- **Monday nights throughout June and July** – Incoming 9th Graders Summer Camps
 - More details to follow but will be either 7:30 P.M. to 9:30 P.M. or 5:30 P.M. to 7:30 P.M. and based on position/skill.
- **June 10 – 13, 2024** – Sylvania Rec Summer Camps. This will be a great opportunity for returning players to earn volunteer hours as we run camps from 8:30 A.M. to 12:30 P.M.
- **July 3 – 12, 2024** – Fourth of July Break. There is no volleyball scheduled during this time. Enjoy time with family and friends. If possible, this would be a great week of vacation to avoid any conflicts but not required.
- **New for 2024** - We are not starting open gyms and summer practices until July this year. Enjoy being a kid and enjoy some summer :)
- **July 13 & 14, 2024** – Asics Summer Slam Tournament at Premier Academy for Freshman, JV & Varsity
- **July 19, 20, & 21, 2024** – Varsity and Invite Only Team Camp at Penn State University. More details to follow, invites soon.
- **July 25, 26 & 27, 2024** – Super 20 Tournament at Owens Community College for Freshman, JV & Varsity
- **August 1, 2024, from 5:00 P.M. to 6:30 P.M. (Session #1) and 7:30 P.M. to 9:00 P.M. (Session #2)** – Tryouts – One Day Only
 - Athletes will be required to attend both sessions
- **August 2** – Spirit Wear Order Due
- More dates will be added to the calendar as we move towards the season and events are finalized.

PRE-SEASON ATHLETES & PARENTS MEETING

We will officially kick off the 48th season of Northview Volleyball on Monday, April 15, 2024 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 who might be interested in playing volleyball in 2024 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 who 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.





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.

2024 SUMMER CAMPS

<p>Asics Summer Site Camp <i>*for those not attending Team Camp*</i> Grades 9th - 12th July 22nd - July 24th 9:00 A.M. to 2:15 P.M. Cost \$210.00</p>	<p>4th - 8th Grades Sylvania Recreation Summer Camp June 10th - June 13th 8:30 A.M. to 10:30 A.M. \$60.00</p>
<p>Asics Summer Site Camp Grades 6th - 8th July 22nd - July 24th 2:45 P.M. - 4:45 P.M. Cost \$105.00</p>	<p>4th - 9th Grades Positional Camps <i>Limit 60 campers per session</i> \$20.00 per date 7:30 P.M. to 9:30 P.M. Monday, June 17th - Serving Camp #1 Monday, June 24th - Passing Camp Monday, July 1st - Attacking Camp 5:30 P.M. - 7:30 P.M. Monday, July 15th - Serving Camp #2 Monday, July 22nd - Defense Camp Monday, July 29th - Setting Camp</p>
	<p>K - 3rd Grades Sylvania Recreation Summer Camp June 10th - June 13th 11:00 A.M. to 12:30 P.M. \$45.00</p> <p>7th - 9th Grades Tune Up for Tryouts Wednesday, July 31st - All Skills 5:30 P.M. to 7:30 P.M. \$20.00</p>

FOR INQUIRES AND MORE INFORMATION, GO TO NORTHVIEWWILDCATS.ORG

ALL SESSIONS OF NORTHVIEW VOLLEYBALL SPORTS CAMPS ARE OPEN TO ANY AND ALL GIRL ENTRANTS, GIRLS ONLY FOR THESE CAMPS | LIMITED ONLY BY NUMBER, AGE/GRADE LEVEL. GRADES AS OF FALL 2024.



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 2024 season.

WHAT'S NEW FOR 2024?

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 2024 schedule is as tough as the previous year's schedules... As we vie for our fourth District Championship in three years (2022 and 2020), and our first Regional Champion and Final Four appearance. You will see some new regular season opponents and a little different cadence for the season.
- The 2024 Schedule can be found online by [clicking here](#) or can be accessed on all of our social media platforms.
- August 4th - we anticipate a HUGE announcement for Sunday, August 4th! Stay tuned for more details.
- Our Promotion Schedule is bigger and better with themes for each home match and giveaways for fans thanks to our generous sponsor, Croak Capital.
- 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 Coach Renee Dukate, 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 videos, descriptions, and programs so they are maximizing their time in the weight room.
- The 2024 Spirit Wear is straight fire, thanks to Coach Kristen and the team at Jupmode... be on the lookout for a website to purchase some of our gear throughout the year with some new and exciting logos and designs.



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



FUNDRAISERS

Each year, Northview Volleyball hosts a multitude of fundraisers to help raise additional support for our program to pay for summer leagues, and tournaments, purchase equipment, and improve technology and the ongoing 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 of times leading up to that specific event:

- Summer Camps with the Sylvania Rec (previously mentioned)
- Chipotle Dinner Fundraiser - Wednesday, June 12th 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 4th from 3:00 P.M. to 6:00 P.M. | Freshman - Sunday, August 11th from 3:00 P.M. to 6:00 P.M. | Varsity - Sunday, August 18th 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
- Paddy Jack's Fundraiser - Monday, September 9th 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.

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.