

JANUARY 2024

CHALK TALK

The Official Newsletter of
Sylvania Northview High School Boys Volleyball

NORTHVIEW

VOLLEYBALL

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www.northviewwildcats.org

LOOK INTO THIS MONTH'S ISSUE:

Calendar & Important Dates - 2

Pre-Season Athletes & Parents
Meeting - 2

Final Forms - 2

Physicals - 3

GroupMe for Communication - 3

Website Content - 3



WELCOME TO BOYS VOLLEYBALL

by Chad Rutkowski, Head Coach

After many months of planning, we are excited to announce that Northview Boys Volleyball is really happening in the spring of 2024 and we are excited about having you and your family as part of the inaugural program. My name is Chad Rutkowski, the Boys Volleyball Head Coach and the Northview Girls Volleyball Head Coach for the past 8 seasons. Myself, along with our staff, Zac Smith and Kevin Lintjer, are excited to lead this inaugural season.

You are receiving this information because your son expressed interest in being a part of our program. For this year, Northview Boys Volleyball will be a club sport but it is our hopes to grow interest over the coming years and build a foundation of boys volleyball in our community.

As we begin preparation for the upcoming season, we are excited to share a few items with you, including

- Practice Schedule
- Weight Training and Conditioning Schedule
- Spirit Wear Order Forms - to come in later communication
- Match Schedule

All of these happenings will be outlined throughout this months newsletter as it is a lot to uncover. We look forward to this journey with all of you and hope you have an amazing start to the second semester.



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/u/0/embed?src=c_272a9a6eecd02fce7e896872645d0927810d8a36c32bb8a5ed8910113d2795a1@group.calendar.google.com&ctz=America/New_York
 - You should subscribe to this calendar on your mobile devices immediately as we will start early morning workouts in January, 2024. These will start the week we return to school, with the first morning lifting happening on Tuesday, January 9, 2024,
- Player and Parent Meeting – Tuesday, February 20, 2024 at 7:00pm in the Northview Cafeteria
- First Practice - Wednesday, January 10, 2024
- Incoming 9th Graders Summer Camps – Monday nights throughout June and July
 - More details to follow but will be 7:30 P.M. to 9:30 P.M. and based on position
- Spirit Wear Order Due – February 23, 2024
- More dates will be added to the calendar as we move towards the season and events are finalized.

For all athletes:

- *Starting Tuesday, January 9, 2024* - Every Tuesday and Thursday from 6:00 A.M. to 7:00 A.M. Northview Boys 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. Athletes should prioritize attending at least once per week, if not twice. This will be a combo lift integrating the boys and girls programs.

PRE-SEASON ATHLETES & PARENTS MEETING

We will officially kick off the inaugural season of Northview Boys Volleyball on **Tuesday, February 20, 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 that might be interested in playing volleyball in 2024 at Northview.

A friendly reminder, all athletes need to complete this form - [Athlete and Parents Information sheet that can be accessed online by clicking here.](#)

FINAL FORMS

This year, as in years past and with every other sport, Sylvania Schools will utilize Final Forms to collect and record necessary and required information for each athlete in order to participate 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. This must be done before your son can participate in any volleyball events (weight training practice, etc.). 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 and that you elect “boys volleyball” as a spring sport.

NORTHVIEW

B O Y S V O L L E Y B A L L

PHYSICALS

As a reminder, all athletes need an OHSA Pre-Participation Physical Exam form filled out and returned prior to participation. You will not be able to participate in my volleyball happenings until a physical has been turned in the coaching staff (this includes, but is not limited to – open gyms, summer practices, conditioning, tryouts, leagues, etc.). **[Click here to access this year's Physical Form.](#)**

GROUPME FOR COMMUNICATION

Each one of our prospecting athletes will be added to the Northview Boys Volleyball group chat on the app "GroupMe". Please help to make sure that your son has access to this team chat and is an active participant as all of our communication on a day-to-day basis will be communicated to them directly. We do send a lot of communication to our athletes directly through GroupMe and hope that your athlete shares any important information with you directly.

Parents, you can expect communication from coaches via E-mail and through these monthly Chalk Talk Newsletters.

WEBSITE CONTENT

For the past couple of years, the Girls Volleyball program has worked tremendously hard to maximize our resources and conserve the amount of waste that we have within our program and we will bring the same amount of effort to the boys 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.

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 Boys Volleyball @NVHSBoysVBALL

X | @NVHSBoysVBALL

Instagram | @NVHSBoysVBALL

Snapchat | @NVHSBoysVBALL

Northview Athletic Website – www.northviewwildcats.org | more information to come on the website when applicable.

All Northview Boys Volleyball resources can be found online. It is highly encouraged that you check your E-mail regularly to receive the correct information. 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.