

NORTHVIEW HIGH SCHOOL VOLLEYBALL

CHAD J. RUTKOWSKI, M.ED., HEAD COACH



April 1, 2019

We are looking forward to seeing all of you on Monday, April 15, 2019 at 7:00 P.M. in the Northview Cafeteria for the 2019 Pre-Season Athlete and Parents Meeting where we will officially kick off the 2019 season. This meeting will last about 30-40 minutes. Please share this information with anybody that might be interested in playing volleyball in 2019 at Northview. Remember, if you are a new athlete to the program, that you will need to fill out completely and bring the [Athlete and Parents Information sheet](#) that can be accessed online.

- Please subscribe to the Northview Volleyball calendar online:
 - Computers and Mobile Devices: <https://tinyurl.com/ya5c3giz>
 - Please use this link and this link only to view the official calendar for Northview Volleyball.
- June 4, 2019 – Open Gyms will start. Please follow the online calendar link above for all dates and times.
 - Open Gyms will typically run on Tuesday's and Thursday's throughout June and July.
- June 28, 2019 – July 7, 2019 – There will be no volleyball! Enjoy your time with family during the 4th of July.
- Tuesday, July 9, 2019 – First Summer Practice.
- We will share other important dates with you at the meeting on April 15th and, as always, please use the link above for the Official Calendar of Northview Volleyball.

SPIRIT WEAR FOR UPCOMING SEASON

This year's spirit wear order form will be identical to last year and should be completed and returned in Excel (we will E-mail it when it becomes available). We are working with Jūpmode for all of our orders this year and are excited for some new materials to be available for our families to purchase. Those returning families, please know that we will be using all of the same volleyball materials from last year (as our commitment to you to keep cost as low as possible). Once all required items have been purchased for Northview Volleyball, it is our hope that you will only need items that you want or that you need replaced due to wear and tear. We will be wearing Asics Volleyball gear again in 2019 and all gear from years past will be appropriate to wear again this year.

SUMMER SAND VOLLEYBALL – CLUB AND LEAGUES

Summer sand volleyball has grown in popularity over the past few years. Playing 2s sand volleyball is one of the most beneficial things for overall player development. Whether you are playing sand volleyball club or just a sand league, we have seen immense benefits. There are multiple places that offer sand volleyball in our area, and if you were interested, here are some resources for you:

- Clubs in the Toledo Area
 - Toledo Beach Volleyball Club - <https://www.toledobeachvolleyballclub.com/>
 - Premier Beach Volleyball Club - <https://www.premiervolleyball.com/page/show/3337254-beach-volleyball>
- League in the Toledo Area
 - Toledo Beach Volleyball Leagues - <https://www.toledobeachvolleyballclub.com/page/show/1167082-youth-leagues>
 - Lululemon Beach League - <https://www.premiervolleyball.com/page/show/3337254-beach-volleyball>
 - Toledo SJVC Leagues - <https://www.toledosjvc.com/beach-volleyball.html>

The listing above are not endorsing a specific organization or program – we are simply trying to provide information on what is available. Please note that this list does not cover all offerings in the Toledo area, however, it is simply to showcase the ones that we been notified of and we wanted to share our knowledge with you.

OHSAA PRE-PARTICIPATION PHYSICAL EXAMS NEEDED

This year, once again, Dr. Mickey Frame, 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 my 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.](#)

SUMMER VOLLEYBALL CAMPS

Leading up to the season, we traditionally host a Summer Camp here at Northview for all athletes. This year's camp will take place July 29, 30, and 31, 2019 from 9:00 A.M. to 2:15 P.M. for high school students (9th – 12th graders based on their grade in the fall of 2019) and 2:15 P.M. to 4:15 P.M. for junior high students (7th – 8th graders based on their grade in the fall of 2019) and will consist of outside coaches who will prepare our athletes for the upcoming season with sound technique, competition and team building. We host this camp in addition to our ten (10) permitted coaching days that we are allotted throughout the summer. This camp will

truly prepare us for a great start to the season. Click the banner below for the link to the website to register. This is highly encouraged for all athletes.



Every year, the Northview Volleyball program offers a summer volleyball camp through the Sylvania Rec for students grades 4th – 8th (based on their grade in the fall of 2019). This year's camp information can be found below. We will be asking for the high school athletes to help coach during this camp in which they would be eligible to receive service hours.

The coaching staff and players will offer on-court instruction in the following areas: serving, serve receive, setting, attacking, defense, blocking.

Who: 4th – 8th grade

Dates: June 10 – June 13

Time: 8:30 A.M. – 10:00 A.M.

Fee: \$60 (includes t-shirt)

Deadline: June 7

Location: Northview High School Gymnasium

Instructors: Northview Coaching Staff & Players, led by 2018 Ohio High School Division 1 Coach of the Year, Chad Rutkowski

[More information on this camp can be found on the website here.](#)

Follow us on social media

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Instagram | [@NVHSVBALL](#)

Northview Athletic Website – www.northviewwildcats.org – All Northview Volleyball resources can be found online!

The May edition of Chalk Talk will have more information on 2019 Spirit Wear, upcoming open gyms and summer programs.

Yours in Sport,

Chad J. Rutkowski, M.Ed.

Head Volleyball Coach

NLL Champions | 1997 | 1998 | 1999 | 2003 | 2006 | 2015

Ohio High School Volleyball Coaches Association Division I Coach of the Year | 2018

Sylvania Northview High School | 5403 Silica Drive | Sylvania, OH 43560

www.sylvanianorthview.org
