

NORTHVIEW HIGH SCHOOL VOLLEYBALL

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



June 30, 2016

We hope that all of you are enjoying your summer, getting to travel and take some quality vacation time with your loved ones and your family! It is the season for BBQs, being on the boat, firework and spending time around loved ones as summer is officially underway! It is my favorite time of the year, not only for all of these items that are mentioned above, but because the high school volleyball season is only a month away and we have one month of intense summer practices, leagues, conditioning and preparation leading into tryouts on August 1!

As we have stated earlier, this is going to be a great year, as we welcome nearly 36 athletes that will compete on 3 teams. This year, we have many new and exciting things planned for our program as a whole. Continuing the legacy of Northview Volleyball, will be introducing tier training to all teams throughout the entirety of the program. Tier training is a training system that ensures that the groups of teams, coaches and athletes have a quality experience and embody the goals and culture of our program. We will all practice together, compete together, train together and be one unified body and program through and through.

As we prepare for the start of the season, each month, the coaching staff will send this Volleyball Newsletter to all involved with the Northview Volleyball program. Here are some important dates and information for July, and leading into August.

- Summer Practice Days in July - Please refer to the [ONLINE CALENDAR](#)
- Summer Open Gyms in July - Please refer to the [ONLINE CALENDAR](#)
- Thursday Night League – This will start next week, July 7 and will run for three (3) consecutive weeks
 - Juniors and Seniors will participate on July 7 and July 21
 - Freshman and Sophomores will participate on July 14
 - Please mark your calendars for these days
 - Please use the grade that you are going into in the fall of 2016 to reference what day you should participate
- July 21 – July 24 – The gym floors will be resurfaced, so we will need to refrain from entering the gym at all during these days.
- NEW! Office Hours for Coach Chad
 - On the calendar, there is a new event, Coach Office Hours. Almost every Monday and Wednesday from 8:00am until 9:30am, Coach Chad will be having office hours in the Volleyball Office for athletes only. This is a time when Coach Chad will be available in the office to focus primarily on Northview Volleyball, training, athlete concerns, etc. Athletes, you are asked to use this time when applicable.
- Summer Workouts – Each athlete will be asked to work on their summer workout plan according to the handout that has been included in this E-mail.

Here is some additional important dates that we need everybody to “keep open” on their calendars for the start of Northview Volleyball. More information will follow as we get closer to these dates and events and as the information becomes available to us:

- Asics Summer Slam Tournament – July 28 and 29 – Times TBD
 - We will be participating with three (3) teams in this tournament.
 - We will divide individuals on to the three teams based on their grade in the fall of 2016
 - Additional information about this will be provided, but all teams will participate and all athletes will participate
- Tryouts – One day only – August 1, 2016 from 1:30pm – 4:30pm and 5:30pm – 8:30pm
- Teams Posted – August 1, 2016 at 9:30pm
- Fall Sports Meeting – August 3, 2016 from 6:30pm – 8:00pm in the PAC

June was a very successful month for the Northview Volleyball Program

Youth Camp - We were fortunate to welcome over 60 athletes from the Sylvania community to participate in our Youth Volleyball Camp from June 13 through June 16! Our high school athletes did a tremendous job coaching and instructing while being role models for the youth of our community. Thank you to all the athletes that participated and coached; it was truly a pleasure to raise money for our volleyball program.

AAU Volleyball Nationals – Senior, Sydney Boerst and her club volleyball team placed third at AAU Nationals in the 18-Premier Division and Junior, Rachel Phalen was named an AAU All-American for her teams 5th place finish. Congratulations to both of you on your tremendous accomplishments.

I hope that you all have a fantastic Fourth of July! God Bless America!

Yours in Sport,

Chad J. Rutkowski, M.Ed.

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