NORTHVIEW HIGH SCHOOL VOLLEYBALL

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



June 4, 2019

Today is the best day of the year for me – the start of the 2019 Northview Volleyball season. If you click the calendar link below, you will see that today is the first day for Open Gyms! We are looking forward to having our athletes back in the gym. If you are currently playing club volleyball, please know that you are not expected to be at Open Gyms throughout June. As a staff, we want you to be focused on your club season and join our activities once your club season has concluded. If you want to attend, you are more than welcome! All athletes that attend Open Gym are expected to stay for Weight Lifting, and vice versa.

A few quick housekeeping items from the May Edition of Chalk Talk:

- Please subscribe to the Northview Volleyball calendar online:
 - Computers and Mobile Devices: <u>webcal://p18-calendars.icloud.com/published/2/TFuYeTgIMLSBjvc41yp4-</u> <u>lJrcXAKWDbLBM9r75Rngpt6uqcTf5jWkF0xlMxS8qouIzs9a4sQPebji30VzaY7-pP0tBzDUPtQdDQHoz697dI</u>
 - Please use this link and this link only to view the official calendar for Northview Volleyball.
 - There was an initial issue with the *tinyrul* link that was provided earlier. Please disregard that link and use the one above.

SPIRIT WEAR FOR UPCOMING SEASON

<u>Please review the additional attachment to the E-mail that contained this newsletter and send the Excel file back as soon</u> <u>as possible</u>. We will order only those orders for individuals that make the program after August 1, 2019 Tryouts. Orders will be placed first thing on the morning of August 2, 2019 and payment for these items will be due on August 2, 2019.

If you are a returning player to the Northview Volleyball program and are not going to order any new gear for 2019, please E-mail Coach Chad Rutkowski directly so you can be accounted for.

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. <u>You will not be able to participate in my volleyball happenings until</u> <u>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.</u>

SUMMER VOLLEYBALL CAMPS FOR HIGH SCHOOL AND JUNIOR HIGH

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 ($9^{th} - 12^{th}$ graders based on their grade in the fall of 2019) and 2:15 P.M. to 4:15 P.M. for junior high students ($7^{th} - 8^{th}$ 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.

Camper Registration is still open. Please register to attend as soon as you can.



THURSDAY NIGHT SUMMER LEAGUE

As we move closer to July, we will be playing in the Northview Summer League hosted at Premier Academy on Thursday's in July from 6:00 P.M. to 9:00 P.M. All athletes will be communicated with whom they will be playing with on those selected nights. We will have communication out to the athletes by the end of June regarding these league nights.

WEBSITE CONTENT

This off-season, we worked tremendously hard to digitize most of our information as well as create some new and exciting things for our program. Please visit our website (<u>www.northviewwildcats.org</u>) and click on <u>Team Files</u> to access computer and mobile device backgrounds, <u>daily checklist for athletes</u>, links for match schedules only that you can share with family members, and new

information will be posted soon! We appreciate the support of going digital with most of our materials and hope that you will find them helpful and user friendly.

MAXPREPS TEAMS APP

For Parents and Athletes to be in constant contact with the Coaching Staff, Northview Volleyball utilizes the Max Preps Teams App for communication. All parties (Parents and Athletes) need to download the "Teams by MaxPreps" app, set-up your profile, and use one of the following codes for MaxPreps Teams App for communication <u>– you will want to use the code for the team</u> that you were on in the fall of 2018 – we will move around players and parents once rosters are finalized on August 1, 2019. Download the app "Teams by MaxPreps" and enter a team code:

- Varsity Players and Parents "BARDE-JEDIS"
- Junior Varsity Players and Parents "BARCA-HEADY"
- Freshman Player and Parents, along with Incoming Freshman Players and Parents "BANTS-PREPS"

This is how we will communicate with our program, primarily through the athletes.

Follow us on social media

Facebook | Sylvania Northview High School Volleyball @NVHSVBALL

Twitter | @<u>NVHSVBALL</u>

Instagram | @<u>NVHSVBALL</u>

Northview Athletic Website – <u>www.northviewwildcats.org</u> – All Northview Volleyball resources can be found online! It is highly encouraged that you utilize the website as much as possible.

The July Edition of Chalk Talk will have Thursday Night League information as well as Asics Summer Slam information for the July 27 and 28 tournament weekend! Have a wonderful month a June! We are excited to have almost all of you back in the gym today!

If you have not registered for camp, please do so as soon as possible.

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