



Summer 2022

Dear prospective player,

The girls' volleyball team will start pre-season activities on Monday, August 22, 2022. This week will be dedicated to the basics – volleyball drills, conditioning, scrimmaging, court theory and rules. Please come prepared with **athletic clothes, gym sneakers, knee pads, and water**. Volleyball compression shorts are recommended, and navy-blue color is preferred to match our uniforms. Shorts must be long enough to cover entire bottom and in general 4” length are appropriate. Jerseys for games will be provided for matches once the season begins. If you are not “court ready” and dressed appropriately, you will not play.

Although Minuteman offers a no-cut policy, this rule does not mean that all athletes are entitled to the same amount of playing time during the season. Court time for games is a privilege and must be earned. Court time will be awarded to athletes that demonstrate a positive team attitude on and off the court, effort during practice, and skill level. This year we are a junior varsity sport – not an intramural or club. **All athletes are expected to attend all practices and participate**. We are hoping to build a strong foundation to our team to be a varsity level sport next year. Work and/or Co-op are not an excuse to miss either practice or a game. Please make a decision prior to the start of the season. If your priorities are work related, please reconsider being on the team. It is not fair to the other girls.

All athletes need a recent (within one year) physical to participate in high school sports. Students must submit a copy of the physical. The permission form signed by your parent/guardian is also required before athletes are allowed to participate – **YOU MUST COMPLETE THE ONLINE REGISTRATION, THE CONCUSSION TEST AND SUBMIT A RECENT PHYSICAL ASAP!**

Please be at Minuteman on Monday, August 22<sup>rd</sup> at 9:00am. Our schedule for that first full week will be as follows:

Monday, August 22 <sup>nd</sup>	9:00am – 12:00pm	At Minuteman (in the gym)
Tuesday, August 23 <sup>rd</sup>	9:00am – 12:00pm	At Minuteman (in the gym)
Wednesday, August 24 <sup>th</sup>	9:00am – 12:00pm	At Minuteman (in the gym)
Thursday, August 25 <sup>th</sup>	9:00am – 12:00pm	At Minuteman (in the gym)
Friday, August 26 <sup>th</sup>	9:00am – 12:00pm	At Minuteman (in the gym)

If you have any questions or concerns, please feel free to email me [schapin@minuteman.org](mailto:schapin@minuteman.org). I look forward to working with you all in the fall and establishing our team!

Sincerely,

Sasha Chapin  
Animal Science Instructor  
Girls Volleyball Head Coach