



BALDWINSVILLE GIRLS VOLLEYBALL INFORMATIONAL MEETING

Coaches

Dani Sayler - Varsity Coach

- **Email: dsayler@bville.org**

Paige Sullivan - JV Coach

- **Email: psullivan0521@gmail.com**

Maureen Thayer - JV/Varsity Assistant

- **Email: mthayer161@gmail.com**



FALL SPORTS ON LINE REGISTRATION DATES



VARSITY AND JUNIOR VARSITY:

Registration begins/opens: **Saturday 7/22/23**

You may NOT sign up after Monday, August 14th!!! No exceptions! We will send out reminders thru our website, social media and emails.

Please visit our website at www.bville.org and then athletics to learn how to register online.

TRYOUT DATES & TIMES


**JV and Varsity tryouts begin Monday, August 21th
Site TBA (8:00am) Double Sessions from 8:00
am – Noon for the first 2-3 weeks.**

We will have a 15-20 minute break for a snack

PLEASE MAKE SURE YOUR DAUGHTER IS WORKING OUT THIS SUMMER

WHAT YOU NEED TO TRYOUT!

Family ID sign up procedure – July 22nd AND close August 14th

- Physical Form – PreParticipation form – Nurse Checks
 - Concussion Form
 - Academic/Athletic Code of Conduct
 - Medical Treatment Authorization
- 

SUMMER VOLLEYBALL

Youth/Big Kids Camp (June 26-June 39)

- **REGISTRATION IS CLOSED* PLEASE EMAIL ME ASAP**
- **Register @ bvillevolleyball.com**
- **College coaches:**
 - Hunter Drews- SUNY Geneseo
 - Beau Braccy- SUNY Delhi
 - Coach Klopfer- Monroe CC (B'ville Alumni)
 - Coach Stengel- SUNY Cortland
- **Colgate Coaching Staff - Ryan Baker**
 - *INVITE ONLY*

Sharkey's Beach Leagues! Sign up for Beach tournaments too.

Work out during the summer- Coach Sullivan

[Summer Workouts LINK](#)

SUMMER VOLLEYBALL

SYRACUSE VOLLEYBALL

<https://www.syracusewomensvolleyballcamps.com/>

2023 Elite Camp

Session 1: July 9th, 2023 | 9:00 AM - 12:00 PM

Session 2: July 9th, 2023 | 1:00 PM - 5:00 PM

Session 3: July 10th, 2023 | 9:00 AM - 12:00 PM

2023 Little Otto Camp

July 10th, 2023 | 1:30 PM - 4:30 PM

2023 Individual Skills Camp

Session 1: July 11th, 2023 | 9:00 AM - 12:00 PM

Session 2: July 11th, 2023 | 1:00 PM - 4:00 PM

SUNY CORTLAND VOLLEYBALL

<https://commerce.cashnet.com/cashnetg/static/storefront/sunycollegesports/camp/catalog>

BRIDGE STREET TAVERN
COACH CAM BROWN

BEACH
VOLLEYBALL
CAMP

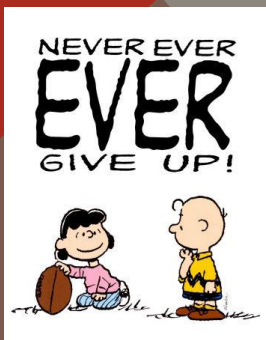
SESSION 1	SESSION 2	SESSION 3	SESSION 4
JUNE 26 - JUNE 30	JULY 3 - JULY 7	JULY 17 - JULY 21	AUG 14 - AUG 18
\$250 PER PLAYER	\$250 PER PLAYER	\$250 PER PLAYER	\$250 PER PLAYER
11-1PM OR 2-4PM	11-1PM OR 2-4PM	11-1PM OR 2-4PM	11-1PM OR 2-4PM

FULL SUMMER DISCOUNT!
\$650 PER PLAYER
\$350 DISCOUNT!

BRIDGE STREET TAVERN, SOLVAY, NY
CAMBRO91@GMAIL.COM 315-317-2194

GENERAL GUIDELINES TO FOLLOW FOR TRYOUTS!

- Be on time- Experienced/Dedicated athletes arrive early, dressed, ready to play and help set up.
 - Each player will have a minimum of 3 days of tryouts.
 - **EVERYONE IS TRYING OUT- THERE ARE NO GUARANTEES!**
- Cuts are made based on the needs of the team at different positions and role playing possibilities.
 - **HUSTLE** means a lot. Going the extra mile.
 - **NO PHONES**



work hard.
↳ have fun.
↓
make a difference.

Physical testing at tryouts

- **HALF MILE**- Under 4:15 minutes.
 - Cardiovascular endurance is important. In years past we have run a mile under 8:30. I am cutting everything in half.
 - Girls will rerun the half mile over if they do not make it under 4:15
- **Shuttle**
- **Vertical Testing (single leg and 2 feet)**
- **Pushups**
- **Situps**
- **Bleachers**

During Preseason we will condition often. Throughout the season, we will also condition to maintain. Off season lifting and conditioning is to build muscle and strength, in season is about maintaining.

Preseason will be difficult for your daughter if she is not working out during the summer EVERYDAY!

Jump/explosiveness

AGILITY

Weight training.

Working Out

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- **Jump/explosiveness**
- **AGILITY**
- **Weight training**

VACATIONS, HOLIDAYS & WEEKENDS

Varsity/JV Level: Team expectations

Volleyball Games and practices are held during summer vacation, holidays, and on weekends. You cannot miss any practices or games before school starts.

Your in season school sport comes first. If you are in a league, open gym, whatever for another sport, please do not let it affect your volleyball season or a volleyball match. Participation in another outside team or activity (AAU, recreational activities etc.) is not an acceptable reason to miss a volleyball practice.

Social Activities are not an acceptable reason for missing practices. Please work to plan social events around the practice/team and tournament schedule.

Please communicate with your coach ASAP if you have a family or school conflict.



VACATIONS, HOLIDAYS & WEEKENDS

Athletic Code of Conduct:

<https://www.bville.org/tfiles/folder949/Athletic%20Code%20of%20Conduct%202019-2020.pdf>

Nurse Reminder:

- Student athletes cannot give a **COACH** a doctor's note to clear them to practice or play in a contest/game/meet/match.
- All notes of clearance must go through the school nurse.
- The only time that a doctor's note should be given to you is if a student was at a doctor or dental visit on that day and was either late or released due to the appointment.

ARE YOU HURT?

- **Please see our trainer. All injuries, no matter how minor, must be reported to your coach immediately.**
- **Inhalers/Epi-pens (NEED FOR TRYOUTS If labeled on participation form in Family ID)**
 - **Please label it and we put in medical kits**

Report all head injuries (Concussion) to your coach/trainer

Must follow concussion protocol set by athletic trainers and our school district

If you need to receive treatment from the trainer you must arrive to practice/games prior to practice.



SCHEDULES

Practice/game times are subject to change due to gym availability/cancellations, etc..

Any cancellations will be announced at practices/school announcements/emails

Most important you must check the School's Athletic Website. www.bville.org.

Go to Athletics, team schedules on Schedule Galaxy

GAME/PRACTICE SCHEDULES FOR ALL TEAMS ARE ON THE ATHLETIC WEBSITE AND OUR VOLLEYBALL WEBSITE



BOOSTER OFFICERS

President – Mindy Gillespie

VP- Veronica Connors

Secretary – Shannon Diep

Treasurer – Jill Offredi

Fundraising opportunities: We need ALL parents to help.

AD Campaign- Volunteering during the youth camp

Raffle Drive – In season – after teams are made.

Bottle Drive – River Mall Downer St. - Weekend after July 4th

Varsity Tournament: Sat. SEPTEMBER. 30th – *We will need ALL JV Players and parents helping.*

JV Tournament: Sat. Oct. 7th – *We will need ALL VARSITY players and parents helpings.*

HOW WE COMMUNICATE

- **EMAIL**
- Family ID – All tryout info.
- Bvillevolleyball.com