

Tabernacle Lady Patriot Volleyball 2019

Date	Event	Time	Grade/Team
July 2 nd , July 8 th , and July 11 th	Open Gym	6:30p.m. – 8:30 p.m. At the TBA gym	7 th grade through 12 th <i>*Not required-but highly encouraged!</i>
July 29 th and 30 th	Volleyball Tryouts for Varsity and Jr. Varsity	6:30 p.m. – 8:30 p.m. At the TBA gym	Grades 7 th through 12th
August 1 st through 21 st	Mondays, Tuesdays, Thursdays, and Fridays Practice Days <i>*Summer hours</i>	6:30 p.m. – 8:30 p.m.	Varsity and Junior Varsity
August 23 rd Friday	Tri- match with Gateway Christian School and Victory Christian School	First match will start at 4:00 p.m.	Varsity only
August 26 th Monday	First home game!	Evangel Christian School 4:00 p.m.	Varsity only

- To be considered for a spot on either team, players must be present **at all try out dates** unless they have spoken with Coach Peterson about unavoidable conflicts.
- **Dress for practice/try outs:** athletic shorts, loose fitting t-shirts, sports bra, hair tie to keep hair back, socks, and indoor court training shoes with shoelaces.
- All players **MUST** have an annual **sports physical** to be kept on file in the Academy office. Without a current sports physical on file, you will not be eligible to play. Physical forms are available in the school office or at VHSL.org/forms. Any player who has not completed the physical before school starts WILL NOT be eligible to practice or play in games until the paperwork is turned in. **PLEASE HELP US WITH THIS AND GET IT DONE EARLY!**

Like all extra -curricular activities, high school sports require commitment. Volleyball is an ultimate team sport! It demands that diverse individuals work as one, in a fast paced test of coordination, concentration, and above all cooperation. Building a team requires a commitment of everyone's time.

The coaching staff is looking for coachable athletes who have a great work ethic and want to learn to be better players and teammates. Prospective Lady Patriots should be willing to try hard, make mistakes, learn from those mistakes, and to keep trying! **Expect to work hard!**

We look forward to seeing all of you who are interested in playing volleyball for the Patriots this year. Even if you have never played before, come out and explore your interest in a great sport. If you have any questions concerning the practices or volleyball in general, please contact the school office at **424-4673 ext. 339** and leave a message. May the Lord bless the remainder of your summer!

Coach Peterson

“We are not a TEAM because we work together WE ARE a team because we respect, trust, and care for each other.”