

Team,

It was wonderful meeting and talking to some of you today (Monday May 23rd). Use that energy to begin training for the season now!!! Don't delay. Even if you can only workout for 20 minutes, that is better than nothing.

June: workout, workout, workout, workout. Doesn't matter where or how workout. Suggestions have been provided without weights and some light weights, but you have many options available to you. Focus on endurance running , vertical jump increase (lunges, squats, lunges, squats, wall sits..all the "fun" stuff), and upper body strength (pushups!). Remember we are aiming for 4-5 days of workouts of 7 days, with three 1 to 1.5 mile runs in those 4 to 5 days.

July: Show your teammates how much you have improved!!

Open Gym Optional Dates (come ready to play volleyball...you should be doing your workouts on your own also. Meaning, open gym doesn't replace a workout. Don't forget to bring shoes, water, knees pads and ankle braces with you. * see information below about shoes and ankle braces.

July 18-July 27 Tuesday and Thursday **ONLY** 9-11 am

August 1 -August 12 Monday, Tuesday, Wednesday and Thursday **ONLY** 9-11am.

I suggest you buy your shoes and braces now while you are training over the summer. Depending on where you do your workouts, you can wear your volleyball shoes indoors. Normally, volleyball shoes are not worn outside (not even to parking lot) because they are so "gummy". However, where your ankle braces everytime you workout, regardless of where or what kind of shoes you wear.

You will need a good pair of volleyball shoes (local sporting good stores carry them from \$45 to \$200); two ankles braces for all the jumping (lace up or plastic-whatever you feel most comfortable in)

Here are some links to a websites that show several types of ankle braces. Local sporting good stores also carry these. I am not suggesting you buy from these website or these brands of braces, these websites just shows you different types all on one page. I can NOT stress the importance of ankle braces. The price seems costly, but a roll of pre-

tape/athletic tape \$3-5 dollars per ankle if done correctly. Add up 3 weekly practices, and 2 games and you have paid the amount for tape that you could have bought two good braces for.

<http://www.luckydogvolleyball.com/store/productdetail.cfm?PID=225>

<http://www.ankle-braces-store.com/>

My suggestion is to buy the braces first (avoid the all cloth "stretchy" type, go for lace up with straps, or ones with plastic sides) and bring them with you when you purchase your volleyball shoes with a long pair of socks. The fit of the shoe changes with a good brace. Volleyball high top shoes are hard to find without special ordering them from a company with a large order, and basketball shoes are too heavy. Cross-training shoes aren't "gummy" enough, which provides the shock absorbance and friction needed in volleyball. Running shoes on a volleyball court is just a walking cast waiting to happen for that player.

I do not care what color knee pads or type you wear. As far as I know, there is not a rule against a team with members having different color knee pads. Each set fits differently. You find a set you like. Local sporting good stores carry these also.

Looking forward to hearing about your summer workouts!!!

Coach Clark