SUMMER DMS VOLLEYBALL TO DO LIST AND INFORMATION

Dickson Middle School volleyball @ www.dmsvolleyball.weebly.com

If you have questions, please contact me. Coach Heather Minnis

104 Fawn Trail, Burns, TN 37029, e-mail minnisji@bellsouth.net,cell/text 615-604-5255

***Our mission statement: I will strive to do my best at all things in which I am involved. I will strive to reach my full potential in the classroom and on the court to prepare myself for future success—through learning, responsibility, determination, caring, and a positive attitude.***

\*\*Practice begins during the summer and it is *extremely important for you to be there*; however, if you are going to be out of town during any summer or season events, it is ***your (the player’s) responsibility*** to let me know this week(following tryouts) by sending me an email or text message with those dates. Otherwise, we will expect you to be at practice/matches every day.

\*\**Physical*--You need a *current yearly physical* to participate in volleyball. Please turn in an updated COPY of your physical AS SOON AS POSSIBLE.

NEEDED TONIGHT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Turn in ”Consent for athletic participation & medical care” form

2. Turn in Consent form for MTSU camp at DMS

3. Turn in MTSU camp fee $110 --Please make checks payable to MTSU Volleyball

4. Turn in DMS Athletics Handbook signed signature pages— 13 & 14.

5. Turn in DNS Volleyball Other Information Sheet

6. Send Coach Minnis a text (615-604-5255) with your name from the phone I can use for contacting/texting you and your parents information. If it is a parent’s phone, please put parent’s name and player’s name in text.

7. Send Coach Minnis an email(minnisji@bellsout.net) from the email address where info. may be sent to your parents.

8. Like us on Facebook at DMS Volleyball for periodic updates and information.

**JUNE THINGS TO DO AND BRING BY TUESDAY, JUNE 4, 2013\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. Copy of current/updated physical if not already on file.**

**2. Order (if you would like) On-line DMS Volleyball t-shirt order (through June). Go to** [**www.dmsvolleyball.weebly.com**](http://www.dmsvolleyball.weebly.com) **under player info and required forms tab.**

Must haves:

4. Knee pads

5. Jump rope

6. stretch bands (at least 2 long strips light and/or medium resistance); Academy Sports has packs of three bands—light, medium, & heavy--for $12.99 brand name bcg

Recommended:

--prefer volleyball shoes. Academy Sports usually has several options b/w $40-60, but a nonskid tennis shoe is okay. NO “shocks” or tall shoe types.

--ankle braces

\*Most days in June, you should…

\*JUMP ROPE—timed jumping. Start with 30 seconds and work up to 2 minutes a day.

\*4 POUND MEDICINE BALL—hold ball, squat, then push ball up to 9 foot spot on wall. 4 sets of 25.

\*SET TO YOURSELF—lie on your back setting; sit up and keep setting. Repeat setting.

\*HITTING APPROACH—3 step approach 25 times a day. Palms to sky on step 2, reach high, torque waist, & hit hard and fast.

**Thinking/planning ahead\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cumberland Tournament** (the weekend of Friday, August 16 through Sunday, August 18, 2013). We will take a bus to Cumberland on Friday, and then the players’ parents meet us there and our families stay in Lebanon for the weekend. There will be hotel information and more details later.