

Downingtown East High School Volleyball

Head Coach: Mrs. Hopton (phopton@dasd.org; 484-639-7737)

PHYSICALS:

- Physicals for the 2019 fall season will be held on Monday, June 3 after school in the DEHS nurse's office
- 2019 physical forms can be found on the Downingtown East website, under "Athletics, Announcements, Link to CIPPE form OR go to bottom of Athletics page, Forms & Information, Physical Forms" (CIPPE form, 8 pages total); must be signed by parent AND physician
- Cost of full physical is \$25. Cash is preferred; checks payable to: Dr. Francis Brennan
- The CIPPE physical form can be completed by your OWN physician and dated **AFTER JUNE 1** (must use CIPPE form)
- **YOU MUST HAVE A COMPLETED PHYSICAL FORM TO TRY OUT—NO EXCEPTIONS!**

TRYOUTS:

- **AUGUST 12, 13, 14, FROM 9-11am AND 4-6pm**
- You must be present for ALL tryouts to be considered for a position on the team. However, there will be cuts throughout the 6 sessions.

COMMITMENT/EXPECTATIONS for all team members – COMMITMENT MEANS SACRIFICE!

- Attend all practices/matches (Labor Day is NOT a free weekend for our team). See attached practice/match schedule
- All team members must pay \$100 activity fee to DASD in order to play (www.payforit)
- Check the website often: www.downingtowneastvolleyball.com
- Have a positive attitude and give 100% effort!

ATHLETE'S CODE OF CONDUCT:

- The Athlete's Code of Conduct (found on the DEVB website under "NEWS") must be read and adhered to by each student-athlete

VOLLEYBALL CAMPS:

- We recommend that you attend a camp this summer...some local camps available:
 - West Chester University (www.wcugoldenrams.com)
 - Villanova University (google "Villanova volleyball camps")
 - Google.com and search volleyball camps for more camp opportunities

SUMMER PLAYING OPPORTUNITIES: 7-9pm in the Boyer Gym at Downingtown East

- Open Gyms will be held on Tuesdays and Thursdays in July on the following dates:
 - 7/9, 7/11, 7/16, 7/18, 7/23, 7/25, 7/30
 - Make every effort to be at the Open Gyms. If you are in town we want to see you at the Open Gyms!
 - You do NOT need a completed CIPPE physical form to play at the Open Gyms
 - I will collect the completed CIPPE physical forms at the Open Gyms
- Doubles/Triples/Quads are a GREAT way to improve your game and it's FUN!!!!
 - Check out these websites for small-sided game opportunities this summer!
 - www.pottstownrumble.com
 - www.kogvolleyball.com
 - www.eastcoastvolleyball.com
 - www.susquehannasmash.com
 - www.krva.org (CLICK "juniors"; CLICK "outdoor")

SUMMER WORKOUT PROGRAM:

- Attached is the summer workout program. It is an 8 week, 6 days/week program beginning on June 17 and ending on August 11. Every Sunday is a day of rest.
- The program gradually increases in intensity every 2 weeks.
- You will be expected to perform all of the exercises in the program at the tryouts.
- There are **NO** acceptable excuses for being out of shape! **WORK HARD!**
- Equipment needed:
 - Good pair of running shoes
 - Stopwatch
 - Jump rope (beaded or licorice)
 - Good attitude/work ethic!

The coaches look forward to seeing you at the open gyms in June and July and at the tryouts on August 12! Please contact us with any questions.