**9th Grade Volleyball Informational Meeting**

**Sunday April 7th, 8:15-8:45pm**

**Dowling Catholic High School Gym**

The Dowling Volleyball coaching staff will be having an informational meeting for all girls interested in playing volleyball for Dowling during the 2019-20 school year. This is a meeting for all incoming 9th graders AND their parents.

During the meeting we will be covering the following information:

1. Summer Workouts
   1. Open gyms: These will be Sundays from 5:30-8:30 and Tuesdays 7:30-9:30pm
   2. Speed and Agility and Lifting: These will be Tues/Thurs 6-8am and we will lift during our Sunday open gym.
2. Camps and how to register for camps
3. Tryouts
4. Tentative Calendar
5. How to register, fees etc
6. Information about practices and matches
7. Information about opportunities to volunteer
8. Player Handbook
9. Ordering Team Gear
10. Meet the freshmen coaches!

Please join us on Sunday April 7th at 8:15pm! We are excited about next year’s freshmen class and are looking forward to welcoming you to the volleyball program. Feel free to pass this information along to anyone that may be interested in playing volleyball next year as a 9th grader.

If you have any questions, please email me at: [mwiskus@dowlingcatholic.org](mailto:mwiskus@dowlingcatholic.org)

See you on April 7th!

Coach Mary Beth Wiskus

Dowling Catholic Volleyball