



# MEADOWDALE VOLLEYBALL

A NEW BEGINNING

MHSVB2022

# AGENDA

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COACHING STAFF

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PRINCIPLES AND METHODS

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PROGRAM STANDARDS

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TRYOUT SCHEDULE AND PROCESS

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FALL SCHEDULE

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PAPERWORK REQUIREMENTS

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VOLUNTEER NEEDS

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COMMUNICATION

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# COACHES

- BART FOLEY – HEAD COACH
- EMILY CARROLL – HEAD JV COACH
- MICHAH REITAN – HEAD C-TEAM COACH
- TESSA FOLEY – VARSITY ASSISTANT



# PRINCIPLES AND METHODS

- LAWS OF MOTOR LEARNING
- BIOMECHANICS
- SCIENTIFIC METHODOLOGY



# PRINCIPLES AND METHODS

- WE COMPETE
  - Practices are “game-like”
- WE KEEP SCORE
  - Competitive Cauldron
  - “That which gets measured gets improved”
- WE MEASURE
  - Scores are posted for all to see
  - “Present ability doesn’t predict future ability”
- WE CELEBRATE FAILURE
  - Growth comes faster when we live on the edge of our abilities

*Present ability does not predict future ability*



# PROGRAM STANDARDS

## For the Players:

- It's all about the TEAM
- Commitment
- Be a GREAT teammate
- Always compete!
- Control what you can control
- Don't compare...become
- Commit to trust the process and you will enjoy the journey and reap the harvest

## For the Parents:

- \*This is your daughter's experience not yours.
- Be a fan of the Team, not just your daughter
- Be an Ambassador. Represent yourself, the team and the school well.
- We all get one role



# TRYOUTS – AUGUST 22ND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	<b>TRYOUTS DAY 1</b> 09:00-12:00 – ALL 04:00-06:00 – ALL  <i>88 Days to State</i>	<b>TRYOUTS DAY 2</b> 09:00-11:00 – GROUP 1 11:00-01:00 – GROUP 2 04:00-06:00 – ALL	<b>TRYOUTS DAY 3</b> 03:00-05:00 – GROUP 2 05:30-07:30 – GROUP 1	<b>PRACTICES</b> 03:00-05:30 – V/JV/C	<b>PRACTICES</b> 03:00-05:00 – V/JV/C	

- SKILL REVIEW
- SMALL GROUP COMPETITIONS
- OPPORTUNITIES TO RESPOND
- MEASUREMENT
- COURT 1, COURT 2
- CONVERSATIONS
- COACHES ASSESSMENT
- ROSTERS ANNOUNCED WED/THU



# FALL SCHEDULE

MHSVB SEPTEMBER							2022
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 PRACTICES 04:00-06:00 – JV/C 05:30-07:30 – VARS	2 PRACTICES 10:00-12:00 – V/JV/C	3	
4	Labor Day 5 PRACTICES 04:00-06:00 – JV/C 05:30-07:30 – VARS  <i>74 Days to State</i>	6 INTRASQUAD SCRIMMAGES 04:00-06:00 – V/JV/C	7 *First day of school PRACTICES 04:00-06:00 – JV/C 05:00-07:00 – VARS	8 HOME VS LK WASH JV/C 5:15 VARSITY 7:00	9 PRACTICES 04:00-05:30 – JV/C TBD - VARS	10 BOTHELL JV TOURNEY Bothell HS - JV	
11	12 AT MONROE JV/C 5:15 VARSITY 7:00  <i>67 Days to State</i>	13 PRACTICES 04:00-06:00 – JV/C 05:00-07:00 – VARS	14 HOME VS SHOREWOOD JV/C 5:15 VARSITY 7:00	15 PRACTICES 04:00-06:00 – JV/C 05:00-07:00 – VARS	16 PRACTICES 04:00-05:30 – JV/C TBD - VARS	17 TBD PRACTICE *Possible VARS AM	
18	19 PRACTICES 04:00-06:00 – JV/C 04:30-06:30 – VARS  <i>60 Days to State</i>	20 AT EDMONDS WOOD JV/C 5:15 VARSITY 7:00	21 PRACTICES 04:00-06:00 – V/JV/C	22 HOME VS LYNNWOOD JV/C 5:15 VARSITY 7:00	23 PRACTICES 04:00-05:30 – JV/C TBD - VARS	24 REACH THE PEAK TOURNAMENT Glacier Peak - VARS	
25	26 AT EVERETT JV/C 5:15 VARSITY 7:00  <i>62 Days to State</i>	27 PRACTICES 04:00-06:00 – V/JV/C	28 HOME VS ARLINGTON JV/C 5:15 VARSITY 7:00	29 AT GLACIER PEAK JV/C 5:15 VARSITY 7:00	30 PRACTICES 04:00-05:30 – JV/C TBD - VARS		





# FALL SCHEDULE

## MHSVB OCTOBER

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 PRACTICES 04:00-06:00 – V/JV/C  <i>46 Days to State</i>	4 <b>AT CASCADE</b> JV/C 5:15 VARSITY 7:00	5 PRACTICES 04:00-06:00 – V/JV/C	6 <b>AT SHORECREST</b> JV/C 5:15 VARSITY 7:00	7 PRACTICES 04:00-05:30 – JV/C TBD - VARS	8 <b>TBD PRACTICE</b> *Possible VARS AM
9	10 PRACTICES 04:00-06:00 – V/JV/C  <i>49 Days to State</i>	11 <b>HOME VS MT LK TERR</b> JV/C 5:15 VARSITY 7:00	12 PRACTICES 04:00-06:00 – V/JV/C	13 <b>AT MP</b> JV/C 5:15 VARSITY 7:00	14 PRACTICES 04:00-05:30 – JV/C TBD - VARS	15 <b>TBD PRACTICE</b> *Possible VARS AM
16	17 <b>AT STANWOOD</b> JV/C 5:15 VARSITY 7:00  <i>53 Days to State</i>	18 PRACTICES 04:00-06:00 – V/JV/C	19 <b>HOME VS MG</b> JV/C 5:15 VARSITY 7:00	20 PRACTICES 04:00-06:00 – V/JV/C	21 PRACTICES 04:00-05:30 – JV/C TBD - VARS	22 <b>TBD PRACTICE</b> *Possible VARS AM
23	24 PRACTICES 04:00-06:00 – V/JV/C  <i>56 Days to State</i>	25 <b>AT ATM</b> JV/C 5:15 VARSITY 7:00	26 PRACTICES 04:00-06:00 – V/JV/C	27 <b>HOME VS SNOHOMISH</b> JV/C 5:15 VARSITY 7:00	28 PRACTICES 04:00-05:30 – JV/C TBD - VARS	29 <b>TBD PRACTICE</b> *Possible VARS AM
30	31 <b>AT CEDARCREST</b> JV/C 5:15 VARSITY 7:00  <i>58 Days to State</i>					



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# FALL SCHEDULE

## MHSVB NOVEMBER

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PRACTICE 04:00-06:00 – VARSITY	2 PRACTICE 04:00-06:00 – VARSITY	3 PRACTICE 04:00-06:00 – VARSITY	4 PRACTICE TBD	5 PRACTICE TBD
6	7 PRACTICE 04:00-06:00 – VARSITY  <i>11 Days to State</i>	8 DISTRICT TOURNAMENT TBA	9 PRACTICE 04:00-06:00 – VARSITY	10 DISTRICT TOURNAMENT TBA	11 PRACTICE TBD	12 PRACTICE TBD
13	14 PRACTICE 04:00-06:00 – VARSITY  <i>4 Days to State</i>	15 PRACTICE 04:00-06:00 – VARSITY	16 PRACTICE 04:00-06:00 – VARSITY	17 3A STATE YAKIMA	18 3A STATE YAKIMA	19
20	21	22	23	24	25	26
27	28	29	30			



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# PAPERWORK

- 1. Rank One Online Clearance Forms:** 22-23 Rank One Clearance Forms: (all 3 forms must be submitted)
- 2. Updated Sports Physical:** Make sure your high school athletics office has an updated copy of your sports physical on file. Reminder: Sport Physicals are good for 2 years
- 3. Signed ESD Covid Waiver Form:** Covid Waiver Form\* (a new waiver is required each school year). Both the Sports Physical and Covid Waiver can be turned into Athletics Secretary Pat Martin.
- 4. Required Health Forms:**
  - a) Students with expired Health Forms from the previous school year will need to submit updated forms to your school nurse **BEFORE** they will be allowed to try out for a fall sport.
  - b) The following ESD Health Forms are required for students who have a life threatening allergy or need medication administered at school: Allergic Reaction Medication Authorization and Authorization for Administration of Medication in School.



# VOLUNTEER NEEDS – IT TAKES A VILLAGE

- HOME MATCHES
  - ▶ SCOREKEEPER
  - ▶ LINE JUDGES
  - ▶ LIBERO TRACKER
  - ▶ SCOREBOARD
  - ▶ AS MANY AS 15X JOBS PER HOME MATCH



# COMMUNICATION



[FOLEYBS@GMAIL.COM](mailto:FOLEYBS@GMAIL.COM) OR [FOLEYB997@EDMONDS.WEDNET.EDU](mailto:FOLEYB997@EDMONDS.WEDNET.EDU)



[@MEADOWDALEVB](https://www.instagram.com/MEADOWDALEVB)



[WWW.MEADOWDALEVOLLEYBALL.COM](http://WWW.MEADOWDALEVOLLEYBALL.COM)



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