



CY WOODS WILDCAT VOLLEYBALL

Dear Potential Wildcat Volleyball Athletes and Parents,

June 1st, 2010

It may only be February, but planning and preparation for the 2010 season has already begun! Please mark the tryout information and dates on your calendars, and check that the enclosed contact information we have for your family is correct.

Important Dates:

TBA - School physicals – May 15th 6pm – 9pm

August 2nd – Tryouts and 2-A-Days begin

August 6th – Ropes Course, Mandatory Player and Parent Pot Luck Dinner

August 7th - 1st Scrimmage

August 10th – Competition Begins

August 23rd – 1st Day of Classes at Cy Woods High School

2-A-Day Schedule:

	Varsity	Junior Varsity	Freshman
Monday 8/2	6:00a – 6:30a 6:30a – 8:30a 2:30p – 5:30p	Registration - 6:30a – 8:30a 2:30p – 5:30p	All Teams 6:30a – 8:30a 9:30a-12:30
Tuesday 8/3	6:30a – 8:30a 2:30p – 5:30p	6:30a – 8:30a 2:30p – 5:30p	6:30a – 8:30a 9:30a-12:30
Wednesday 8/4	6:00a – 6:30a 6:30a – 8:30a 11:30 -2:30p	Make-up Practice/Run Time 6:30a – 8:30a 11:30– 2:30p	6:30a – 8:30a 9:30a-12:30p
Thursday 8/5	6:00a – 6:30a 6:30a – 8:30a 2:30p – 5:30p	Make-up Practice/Run Time 6:30a – 8:30a 2:30p – 5:30p	6:30a – 8:30a 9:30a-12:30
Friday 8/6	Ropes Course 9:00am-12:00pm, bring lunch! <i>It is up to your coach's discretion whether you will also practice Friday after the ropes course.</i> 6:30 pm Mandatory Parent Meeting and Pot Luck Dinner		
Saturday 8/7	Scrimmage – Time TBA		

Special Note about 2010 Tryouts:

Due to the fact that our competition schedule will begin before the start of school, no athlete who misses 2-a-days will be permitted to compete on the 200 teams unless approved by Coach Ahlfinger. Attendance is required at every practice.

Necessary Paperwork:

Physical Packet
Emergency Cards

This paperwork must be completed before an athlete is permitted to participate in tryouts. Physicals must be completed after May 1st 2010!

What to Expect:

High Expectations
Timed Sprints
Demonstration of Volleyball Skills
Weight Training
Team assignments and "cuts" will be made in the first 3 days and will be based upon the four aspects of athletics: Physical Condition, Volleyball Skills, Attitude and Teamwork.

The Volleyball Coaching Staff expects athletes to arrive in shape. We highly recommend you participate in a rigorous summer workout program to prepare.

Where to Go: Cy Woods Main Gym

What to Bring: PAPERWORK
Water Bottle
Knee Pads
A Positive Attitude!

Questions??? Contact:

Ashley Ahlfinger - Head Coach
ashley.ahlfinger@cfisd.net
214-725-7631 cell phone
281-213-1877 office phone

Check out the website for updated information at:

<http://schools.cfisd.net/cywoods/pages/athletics/athletics.html>

Summer Sports Preparation Program:

<http://schools.cfisd.net/cywoods/pages/athletics/athletics.html>

Summer Camp:

July 26th – 29th

For incoming 5th – 9th Grade

A great way to meet the coaching staff, improve on skills, understand the game of volleyball and the importance of teamwork. It is also helpful to incoming 9th graders to learn many drills before tryouts begin!

2010 Schedule:

The 2010 Volleyball Schedule will be posted soon. Participation in the volleyball program requires your full commitment, and these scheduled events take precedence over club sports competitions.

Thank you for your interest in Cy Woods Wildcat Volleyball. We look forward to seeing you and we're very excited about the 2010 season!

Coach Ahlfinger and our amazing Wildcat Volleyball Coaching Staff: Kelly Onhaizer, Tami Combs, and Rachel Dluhos!