



## Midland High School

Dear Lady Dawgs,

I don't know about you, but for me the summer has flown by. I love my summer vacation, and I am not ready for the school year to start; however, I am excited about volleyball. I hope you had a good summer and you are reenergized and ready to have a fantastic 2010 season. You have three weeks of your summer left. Make the most of those three weeks by conditioning, but also enjoy yourself. Get those things done that you have been putting off. There will be open gym from 9:00 - 2:00 the week of July 26<sup>th</sup> – July 29<sup>th</sup>. (No open gym on Friday) The Amber Zant Camp is that same week. I encourage you to attend this camp if you are in town.

The coaching staff is looking forward to the upcoming season. We think all four teams will be strong. I was very pleased with the varsity this spring – this team reminds me of the district championship team of 2005. The JV looks to possibly be the best JV team that MHS has had in at least the last decade if not longer! Our Sophomore team has a strong core and we expect to have a handful of freshman join them to add strength. We were impressed with the freshman that were at camp in June, and we think they will be a strong group for us. We will have many decisions to make that first week, so do yourself a favor and show up in both volleyball shape and conditioning shape – you will be less sore and in turn look better in drills.

UIL has set Monday, August 2<sup>nd</sup> for the first volleyball workout. Our first workout will begin at 8:00 at the Midland High gym. Come dressed in workout clothes. As always, we will start with a mile run. If you can make it around the school 2 times in 8 minutes or less, that is the only day you will have to run it. If you do not make the time, you will run it daily to help get you in shape. We will have 2 workouts a day Monday – Thursday. We will have try-outs and cuts on Wednesday morning. See below for the schedule.

### **Morning Workout (Monday, Tuesday, & Thursday): Meet at MHS**

Everyone: 8:00 – 11:30. Be there at 7:45 so that you are ready to go at 8:00.

### **Morning Workout and Try-outs – Wednesday: Meet at MHS**

8:00 – 10:00: Freshman and Sophomore team try-outs. *Teams will be posted at 12:45.*

10:00 – 12:00: JV and Varsity Workout.

### **Afternoon Workouts: Coaches will let you know if you are at MHS or the Church**

***Monday & Tuesday:*** Varsity and JV @ 1:00 / Freshman & Sophomore teams @ 2:30.

***Wednesday & Thursday:*** Freshman and Sophomore teams @ 1:15 / Varsity & JV teams @ 2:30.

Physicals are at 5:00 @ MHS on July 28<sup>th</sup>. You must have a physical to try out. If you get a physical from your own physician, bring it the first morning. (\$20.00, cash only)

You will also need some type of address verification (this can be any type of bill, but it must show a street address), and a copy of your driver's license (also to verify address). You can bring this the first day.

Other various information can be found at [www.midlandhighvolleyball.com](http://www.midlandhighvolleyball.com)

See you in a couple of weeks! **Coach McCullough**