

VOLLEYBALL SUMMER 2020

7th Grade – Coach Brown

8th Grade – Coach Hesser

TENTATIVELY

Volleyball Camp at LHS – July 13th – 15th 10:30 a.m. – 12:30 p.m.

Registration form is online – go to District website - High School –
Summer Camps and Information – Volleyball

<https://www.usd416.org/vimages/shared/vnews/stories/4a01d5db03a30/Wildcat%20Volleyball%20camp.pdf>

Due to Covid 19 we will not have organized summer strength and conditioning for girls along with volleyball open gym, but we will offer some workout ideas that you can complete from home.

Get your physical before August 1st. Download and print the required forms from the District website - Louisburg Middle - Enrollment - 2020-21 Physical Packet

<https://www.usd416.org/vimages/shared/vnews/stories/49f4d862958c3/20-21%20Physical.pdf>

Sign up for **REMIND** (No need to sign up again if you are already receiving reminders.)

Students and Parents should sign up to receive messages. I will share information during the season using Remind.

8th Graders: text @a9f8eb to 81010

7th Graders: text @928cfa to 81010

Google Classroom join code -- [wvhk4kd](#)