



Volleyball 2020 Season

OFFICIAL TRYOUTS FOR ANGELS VOLLEYBALL TEAMS
Tryouts will be held from **August 17-22**

Head Coach: Colleen Surovich (csurovich@holyangels.org)

Assistant & JV Coach: Elizabeth Paccione (epaccione@holyangels.org)

TRYOUTS

Wednesday, August 17: 8 - Noon

Thursday, August 18 thru Saturday, August 22: 8:30 - Noon

Tryouts will be up to 3 hours long with intermittent breaks. Please bring plenty of water and a change of spandex, socks, and shirt if you choose. If you own volleyball shoes (not a requirement), please bring those along with a pair of running shoes.

Attendance is MANDATORY for all sessions of tryouts and all practices thereafter.

You will not be permitted to try out without a school physical on file in the nurse's office. All details will be available on the "Athletics Tryouts" page of the Holy Angels website soon.

SUMMER ACTIVITIES

Although a summer workout is not mandatory, it is recommended in order to ensure your endurance during preseason. Some suggested exercises are a combination of long and short distance running, sprinting, and general strength training of the arms and legs as well as your core. It is recommended that you watch old college and beach volleyball games, as well as any volleyball fundamental drills on YouTube to prepare you for tryouts. If you have a volleyball at home, use it!

If your daughter is interested in playing volleyball this fall, please email me at csurovich@holyangels.org to be added to my distribution list for any updates and changes.

My goal for this season is to ensure that you learn about the game of volleyball, love playing it, and have fun while playing, too! You will be pushed and challenged to reach your best. As your coach, I will instill good sportsmanship, team unity, and a positive outlook on not only sports, but on life as a whole. If you have any questions, please feel free to contact me via email. I look forward to seeing you at the end of the summer!

Sincerely,
Colleen Surovich, Head Coach--Volleyball

Welcome to AHA and Angels Volleyball!