

Thank you for your interest in volleyball. Ms. Gorham has graciously stepped up to be our volleyball coach. We are still looking for an assistant volleyball coach. If you know of a candidate, please let me know. Ms. Gorham teaches at our school and cannot arrive back until July 31st.

This upcoming week we have changed to at home workouts to take extra measures for everyone's health and safety. We have attached a tentative schedule to begin our season and must follow Lee School District protocols. We should be finding out in the next few days on whether the school startup will be delayed due to rising Covid-19 cases in our area.

We will operate with an abundance of caution including the following:

Temperature checks daily before starting practice

Health care questions daily, we will social distance during conditioning

If not feeling well, please let coach know. and stay home

Please social distance from your teammates as much as possible as we begin and await further FHSAA guidelines

Bring your own water, do not share items

Thank you for your patience during this unprecedented time in our lives. We will share the volleyball schedule next week after we get news of any changes. Information changes daily and we will need to adapt to the changes as best we can. If I can be of any assistance please let me know and I will assist as best as we can at this moment.

Conditioning:

THIS WEEK AT HOME:

Warm up for your volleyball workout by jogging for 20 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

Leg Drills

Lunges (Sets/Reps: 3x20)

Wall sits (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)

Jumping Jacks (3×50)

Quick Feet: Jump Rope Series

Normal pace jump, 30 seconds

Right foot only, 30 seconds

Left foot only, 30 seconds

Double right, double left, 30 seconds

Fast as you can go, 30 seconds

Repeat 3 times with a 1-minute rest between sets.

Abdomen Workout

Sit-Ups (3×50)

Plank (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)

Conditioning/Practice:

This upcoming week it has changed to at home workouts, we will be posting later in the week for the following week.

(since we will be unable to use gym floor during some of this time, we will do some conditioning outside and weight room and the upstairs track with the exercise stations)

Our Gym floor is being refinished from July 22-27, and will not be able to be used during that time

Tryouts will be August 3-5 from 3-5 pm and team practice on August 6,7 from 3-5pm

Please realize that our situation and schedule can change quickly, thank you for your support.!!!

Questions?

Please contact:

Coach- Kelah.Gorham@capecharterschools.org

Athletic Director- catherine.watters@capecharterschools.org

