



Lady Mustang Volleyball - 2019 Summer Schedule
Coach Woods (Baeth): dbaeth@greatfallscentral.org ; 406-799-6340
Assistants: Coach Bremer and Coach Woods

Weights: Monday through Wednesday starting June 3rd, 3 sessions to choose from:

- Session 1: 6-715 AM with Coach Woods
- Session 2: 730-9 AM with Coach Nelson
- Session 3: 530-7 PM with Coach Horton
- Over speed training at Memorial on Thursdays at 7 AM starting second week of June.

Open Gym:

- June: Every Monday 730-9 AM
- July: Every Monday 730-9 AM

Volleyball League:

- Following dates will be hosted by Fairfield
 - 6/25/19, 7/2/19, 7/9/19
- Following dates will be hosted by us at the Central gym
 - 7/16/19, 7/18/19, 7/23/19, 7/25/19, 7/30/19
- **There may be some league nights added once other coaches start planning**
- Please sign up for whichever league nights you can do ASAP
- Remember you are responsible for your own transportation

High school Camp:

- MSU High School team camp/tournament → July 11-13 ****FULL****
 - Overnight Camper with Meals - \$275/player (this is what I recommend to choose).
- I highly encourage every athlete interested in playing volleyball next season to participate in at least one volleyball camp throughout the summer!!
- Other camps include: UP Argos, Carroll, UM-Western, Northern, MSU, UofM, etc. All you have to do is google the school name followed by volleyball camp and you can find the dates/information.

Little Mustangs Volleyball Camp:

- June 18th-20th
 - 3rd-8th 8-12 AM - \$60/participant
 - Cost includes prizes, snacks and FREE Mustang Volleyball t-shirt

- Flyers will be sent out before school is out

Fundraising:

- Please bring any ideas you have for a fundraiser to Coach Woods (Baeth). Thank you!

Lady Mustang Summer Volleyball Expectations:

- Attend open gym and summer league nights as often as possible!
 - There is a reason I choose to host so many summer league nights. It requires no out of town driving, it's convenient for us and we get more practice in our own gym. I am going to expect a high volume of players for the league nights we host so plan ahead.
- Please wear good quality volleyball shoes, knee pads, ankle braces (if needed) & acceptable clothing apparel (no tank tops, spandex MUST be 5 inches or longer).
- Workout/lift consistently!! A day here and there or every couple of weeks is NOT going to make a difference. You have the opportunity to attend a lifting program that is created by people with degrees in exercise science, take full advantage of it! Other schools might not have this opportunity, so let this set you apart from them.
- Most importantly,
 - Give 100% effort at all times.
 - Respect your coaches, volunteer coaches, teammates, other athletes/coaches from other schools and the facilities that host us. There will be consequences for any disrespect or goofing off that I see or hear about.
 - **Have fun and enjoy High School sports while you can! It only comes around once in your lifetime!**

****Two a days start August 16th!****

Two a day practice schedule will be as follows (subject to change if need be):

- 8/16/19, 6-8 AM & 4-6 PM
- 8/17/19, 8-10 AM (only one practice)
- 8/19/19 through 8/23/19, 6-8 AM & 4-6 PM
- 8/24/19, 8-10 AM (only one practice)
- 8/26/19 through 8/28/19, 6-8 AM & 4-6 PM

It is extremely important that you do not miss two a day practices.