

05/23/23

Dear Parents,

Welcome! Your student has expressed an interest in playing volleyball for the Rowland Hall high school team during the upcoming 2023 fall season. I wanted to take this opportunity to give you information regarding the fall schedule.

We are scheduled to begin practices on **Monday, August 7. A full practice/match calendar will soon be available on the Parent Portal under Volleyball, and will also be emailed to you.** Pre-season practices are critical to our team's development, and we cover much information in the two weeks before our matches begin. Matches start August 22, so we don't have much time to prepare the team for competition. For this reason, it is critical that you try to arrange vacation plans around this starting date. **I expect to be notified if there are any conflicts, and well in advance, please.** Missing any of the preseason will impact playing time and, if too much will be missed, could jeopardize the possibility of team membership, period. Practices will be held from 3:00 p.m. until 6:00 p.m. until school starts (see volleyball calendar for specifics as there are some Fridays off and exceptions to this due to teacher meetings) and then will be held daily (except on game days) after school from 3:30-5:30 p.m.

We will hold a **required Zoom parent meeting on Wednesday, August 9 from 7:30-8:30 p.m., a meeting invite to be sent out later this fall via email.** If unable to be there, please contact me.

Besides our Rowland Hall Team Camp held in early June, in the interim between now and August, there are numerous other opportunities for your athlete to get involved in camps and clinics that will focus on developing and improving their volleyball skills. For instance, the University of Utah usually hosts Individual Skills Camp and Position Camps in July, so keep an eye on their website for more information about those skill development opportunities. Your athlete is responsible for registering for off-season camps on their own if they are interested.

In addition, Rowland Hall's Strength and Conditioning guru Sam Duffy will be offering a new opportunity to all Rowland Hall athletes to participate in a strength and conditioning summer program to be held starting in early June at the Lincoln Street weight room. Participation will be free of charge. More information will be forthcoming, and I would strongly encourage our volleyball team athletes to get involved in this program as much as possible—it will make a difference!!

There are two required forms that must be submitted by JULY 14 for your athlete to be eligible to play on the volleyball team, one of the most important will be a PHYSICAL EXAMINATION FORM A. A new mandate from the UHSAA took effect in 2014-15 requiring a Physical Exam be performed annually. The other required form that must be printed, completed, and submitted is the Transportation Permission Form. Several other forms are also required and will be read and E-signed by you and your athlete as you register them for Volleyball on the site called "Aktivate" (formerly known as Register My Athlete), that procedure outlined in another attachment to this email. **Registration on the "Aktivate" site needs to be done by July 14.** All forms except for the Physical Exam and the Transportation Permission Form will now be **electronically signed by you and your student.**

Our schedule and some other volleyball related information can be found through accessing the Parent Portal on our website.

Please contact me at 801-550-8454 or via email at kendratomsic@rowlandhall.org if you have any questions. I am excited about our prospects for the 2023 season and look forward to welcoming back parents of returning players and to meeting parents of our new incoming team members!

Best,

Kendra Tomsic
Head Volleyball Coach
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