

To all Prospective Girls Volleyball Players for the 2024/25 Season

There will be **OPEN GYM** the last week of Summer Break at Seycove (**August 26 - 30**). We hope that all who can make it will come out. The volleyball season is short, and we want to give the players time to develop/ strengthen their skills. This will be very helpful for the coaches to understand the players' abilities/interests. In addition, it will be a ton of fun to get to flex your volleyball muscles and get to know your future teammates! :)

Times for these sessions will be every day from August 26 - 30 (Monday - Friday):

Gr. 8 9:30 am - 11:00 am.

Gr. 9 & 10 - 11:00 am-12:30 pm.

Grade 11/12 - 1 pm - 2:30 pm

Please indicate interest by contacting David Eilers (david.eilers@novartis.com, 778-863-7161)

ALSO... We *strongly encourage* those interested in playing (especially senior level) to try and register for a volleyball camp this summer. It is an amazing way to strengthen your skill set for the (did we say very short but intense?) volleyball season. Not to mention, they are tons of fun! We have provided a list of camps below that you can try getting into.

Please email David Eilers at davide0@shaw.ca with your players Name, Grade and Availability to join us August 26-30.

Thank you all for your attention! Have a great summer - hope to see you playing! :) (see below for camps and clinics)

Sincerely,

Your Seycove Volleyball Coaches and Coordinating Parents

Links to Community and Club Volleyball Opportunities:

BCO - Summer Skills Clinic

<https://www.bcovolleyball.ca/summer-indoor-skills-clinics.html>

BCO - Beach Volleyball (a fun way to get lots of touches)

<https://www.bcovolleyball.ca/beach-volleyball-summer-camps.html>

Powerwest - Summer Beach and Indoor Coaches

<https://powerwestvball.org/beach/>

Volleyball BC - Skills Training, Camps, Beach, Summer League

<https://www.volleyballbc.org/youth-programs/>

UBC - Volleyball Camps

<https://recreation.ubc.ca/camps/summer/volleyball-performance-skill-development/>

SFU - Volleyball Camps / Training

<https://athletics.sfu.ca/sports/2018/1/8/volleyball-camps.aspx>