

FLOUR BLUFF GIRLS' ATHLETICS
2505 WALDRON RD.
CORPUS CHRISTI, TX 78418
Office: 361-694-9018
kwallace@flourbluffschoools.net
KARA WALLACE-HEAD VOLLEYBALL COACH
2021

Dear High School Volleyball Players,

I am excited about the new season and am writing to let you know about summer workouts and the two-a-day practice schedule. There are changes to some of the things we have done in the past--**Read carefully**. The expectations, skills testing and performance as a part of the team will assist your coaches in determining the team you make. The physical condition you are in, skill level, teamwork and attitude are each important. All athletes are expected to be physically fit. Tryouts will be intense and tough. Practices are only a couple of months away.

I hope you will be staying in shape and will be ready for our high expectations. It is imperative you keep your conditioning and skills up to par this summer. We only have three weeks to prepare for district once tryouts begin. I would highly recommend and encourage you to attend open gym and weight room in June. It would also be to your benefit to attend the sport-specific structured workouts in July. These are not mandatory but encouraged to help prepare you physically, emotionally and mentally for our season. Be on the lookout for specific times/dates through Flour Bluff social media and Flour Bluff Volleyball on Twitter

ALL RANK ONE PAPERWORK MUST BE COMPLETED ONLINE BEFORE AUGUST 2nd OR YOU WILL NOT BE ALLOWED TO TRY OUT! You may turn your physical in at the athletic office the week of July 19-23 and July 26-30. If you do not have your paperwork on file, you will **not** be able to try out. Please make sure that you have filled out the forms completely. This will help speed up the check-in process on the first day.

Two-a-day practices will begin on August 2nd. See the schedule below. Please be early to tryouts and freshman wear a white t-shirt with black or maroon tights. If you are a returning player, you may wear the maroon hornet volleyball shirt.

August 2 nd Monday	7:30 a.m. 7:45-8:45 a.m. 9:00-11:00 a.m. 12:00-3:00 p.m.	Check-In Everyone Everyone Freshmen Upperclassmen
August 3 rd Tuesday	TBA TBA TBA	Everyone Freshmen Upperclassmen
August 4 th Wednesday	7:45-8:45 a.m. 9:00-11:00 a.m. 12:00-3:00 p.m.	Everyone Freshmen Upperclassmen
August 5 th Thursday	TBA TBA TBA	Everyone Freshmen Upperclassmen
August 6 th	9:00 a.m.	ALL--Scrimmages @ FB with London, Sinton, and Calallen
August 7 th	9:00 am	ALL—Scrimmages @ TM with Sinton, Calallen, and Tuloso Midway

*****Practice times may change depending on the progress of the teams and players.** Please be flexible.***

Have fun, be careful, and work on conditioning this summer. I will see you on August 2nd for two-a-day practices. Bring your own socks, ankle braces, knee pads, and shoes (running & court.) I look forward to beginning a new volleyball season.

Thanks,
Coach Wallace