

June 7, 2017

Dear Parents,

Hello, my name is Elizabeth and I am the head junior high volleyball (JHVB) coach for Orangeville. This summer we are going to have open gym for junior high volleyball players as well as *individual* open gym times. Below is some information about open gym since this is something new for our JHVB program.

OPEN GYM is:

- free and similar to a traditional volleyball practice
- available most Monday and Wednesday nights in June and July
- extra time to learn new skills OR time to improve ones they already know
- time for teambuilding
- a fun way to stay in shape

Open Gym is at the **Grade School in June** and at the **High School in July**.

June 14 6-8pm (GS)

July 5 7-9pm (HS)

July 24 7-9pm

June 26 6-8pm (GS)

July 10 7-9pm (HS)

July 26 7-9pm

June 28 6-8pm (GS)

July 12 7-9pm (HS)

INDIVIDUAL OPEN GYM is:

- free
- something athletes need to sign-up for (groups of 2) to reserve times
- an ideal way to learn, improve or correct a specific skill
- available on most Fridays in June and July

Individual Open Gym is at the **Grade School in June** and at the **High School in July**.

June 16

July 7

June 23

July 14

June 30

July 28

Although we would love to see every volleyball player at all open gym times, we also realize it is summer break, vacation time, and family time. So, have your daughter join in on the fun when she is able. Please feel free to reach out to me if you have any questions. We look forward to seeing you!!

Sincerely,

Elizabeth Hazzard
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*First game is Wednesday, August 16, 2017 versus Lena! Go Broncos!