

What a great season to be a DMC volleyball player. The varsity team ended last season with a 21-3 record and have a great core of girls returning from that team. We have potential to have our largest number of girls out for 9-12 grade volleyball. 12 girls participated in club ball on some level and 5-6 girls regularly took advantage of the DMC clinics during the winter.

2-a-day practices begin August 9th next year. We will practice 8:00-10:30 am and 5:30-7:30 pm M, T, Th, F and 8:00-10:30 on Wednesdays. It is VERY important that you attend these practices as we review/learn all the fundamental skills as well as the offense and defense we will be using. It is impossible for us as coaches to replicate these practices for one or two people so please do your best to be there. **YOU MUST HAVE A CURRENT PHYSICAL ON FILE TO BEGIN PRACTICE!** Please do not schedule times for physicals during practice times.

We also run the DMC camp the week before 2-a-day practices so camp next year will be Tues, Thur and Friday Aug 3, 5 and 6 from 6-9pm. Cost of the camp will be \$25 and will include the team shirt. Again, this is a great opportunity to get more time with the ball and with your team mates prior to the season. Please let me know by JULY 15 if you will be attending camp. If you can't attend camp, you will still be able to purchase a team shirt.

Grandview Univ. runs a summer league on Tuesday nights that we will participate in. This is for the more experienced players so coaches will contact those players who will be a part of this league. The varsity will again be attending the team camp at Northwestern College in Orange City July 30 and 31st. I will be in contact with these players no later than the middle of June.

The coaching also runs open gym opportunities throughout the summer. **This year they will be held on Tues and Thurs from 9:00-11:00. (No open gym July 20 or 22 as the gym is closed for floor refinishing).** We will lift, work on quickness and agility and have time on the court. Please attend as many of these sessions as fit into your summer schedule (taking a nap or going to the pool is NOT a reason to miss these sessions ☺)

There are several excellent camp options in the greater DM area. ISU, Drake, Grandview, Simpson, Central, UNI all have excellent coaching staffs and run good camps. Check their athletic websites for dates and times. The FCA camp in Pella (July 12-16) is a wonderful combination of skill and spiritual growth opportunity. You can get more information on this camp at www.iowafca.org.

Teams are only as good as their weakest players. As part of this team it is your responsibility to come into the season in the best possible physical condition and with the best skill set you can. In Ephesians 5:16 we are called to make every opportunity count. Are you doing what you need to do in order to make every one of them count for God? I pray that we all do that every day.

Coach Thiner, Coach Hinrichs and I are so excited to see what God can do with this team in the next several months. Pray like it's all up to Him and work like it's all up to you!!

Blessings, Coaches Kostek, Thiner and Hinrichs