

June 2007

Dear College Woman,

We hope you will consider joining us on the Bryn Athyn College Volleyball Team this fall. We had a great 2006 season and we're looking forward to another rewarding season. Our emphasis again this season will be on developing your skills and understanding of the game. You don't have to have played organized volleyball before to join the college team. Just come with a positive attitude and willingness to learn.

Our three biggest challenges as a team will be volleyball skills, team choreography and physical fitness. In preparation for practices, it is a good idea to begin a regular fitness regimen during the summer. We have several tri-matches this season which put a premium on conditioning. If you have access to a fitness center, exercises strengthening your legs and shoulders are best. If you don't, focus on running hills, skipping rope and doing push-ups. This will help keep you injury free and allow us to concentrate on technique and team play. If you have a chance to play any volleyball during the summer, take advantage of it – every touch and every game gives you more experience.

The first introductory meeting/practice will be held on Wednesday, August 29th at 4:00 pm at the Field House. This will be a good time to check out the program. The first practices are the most important as we will be introducing proper technique and walking through formations. Our regular practice times will be Mondays, Wednesdays and Friday afternoons 4:00 – 5:50 pm and most of our games fall on evenings or weekends.

If you play volleyball this fall, you can get 1.5 Physical Education credits as long as you sign up for the course at registration (PE 116). So you can have fun and partially fulfill your PE requirements at the same time!

Finally, please be sure to get your sports physical with your own doctor before the first practice – the forms are included in this summer mailing and are on the College website at <http://www.brynathyn.edu/Admissions/Forms>. If you have any questions about the volleyball program, feel free to contact us by email at greg.rose@brynathyn.edu or nina.deweese@brynathyn.edu or Coach Rose by phone at 267.502.2516. If you have questions about physicals or athletics in general, you can contact Hilary Bryntesson, Director of Athletics, at 267.502.4819/4865 or email her at hilary.bryntesson@brynathyn.edu.

I hope to see you in the gym this fall.

Sincerely,

D. Greg Rose
Volleyball Coach

Nina DeWees
Volleyball Coach