**Incoming Freshman Meeting**

**2016**

7:00 Prayer by Rhonda Low

 Social - eat and talk

~7:15 Begin Meeting

 Introduce coaches

 Introduce last year’s freshmen players

 have parents speak

 Introduce JV players

 have parents speak

 Introduce varsity players

 have parents speak

 Introduce seniors - speak

 have senior parents speak

~8:00 The WHY is the most important thing. The rest is just detail.

**Goals for program**

* Physical – your daughter will be worked harder than she has in the past. This is just part of her growing process.
* Social – The worst that can happen is that she has a lot of new friends before she enters school for the first day of class.
* Mental – her academic achievement is also very important. Stand if made the honor roll last year. AVCA award again. 1st semester 3.85, 2nd semester 3.7 = average of 3.78 GPA (Boys VBall. won this prestigious award again this year 3.39 GPA)
* Spiritual – prayer and mass important part of our program. But players should be accused of being Christ-like with their behavior.

Distribute handouts

* Freshman [questionnaire](frosh%20questionnaire%2016.docx)
* Summer conditioning calendar

**Other Nuggets**

* Summer Volleyball Camps – At least the Elite Camp.
* Team Camp – July 20th

Homework – due Thursday morning

 Handout freshmen player information form

Go Blue – go home