

BELIEVE
**in yourself and all that you are!! Know that there is something
inside of you that is GREATER than any obstacle that will be placed
in front of you this season. The number one key to success in
BELIEVING in you and your TEAMMATES!!**

Two a Days will begin Monday July 31st. Remember Two-a-days is **MANDATORY** to participate in Volleyball. I hope you have enjoyed your time away and were able to spend some quality time with your families. I hope everyone is feeling great and ready to start this year's Volleyball Season of 2023! I cannot wait to get things going. I want each and every one of you to know that it takes a special athlete to commit to the Ector Volleyball athletic program and as coaches we are very proud of each and everyone of you who make this commitment to the Volleyball program. I am excited to get to know each and every one of you on and off the court along with pushing you to be the best volleyball player that you can be. We will hit this season head on and be better athletes and better teammates for this.

We are going to start Monday July 31st with report time listed below inside the gym to have introductions and give you my perspective on the season. We then will start Two -a-days with the traditional mile... dun dun dah (I know your hearts dropped) Your goal is 8:30!

Wear an Ector volleyball t-shirt or an Ector t- shirt preferable school colors. Do not wear another school's t-shirt and shorts to run in and workout in. You will be able to change shorts if you do not want to run in spandex. You will come to school ready to workout. We will not issue lockers until the time is right. Make sure you bring snacks and water during the breaks. We will hang out there together and do team activities throughout the break. You will not be leaving during the break.

Throughout the week times could change due to the heat or other activities that sneak up on us.

Seniors!! I need you here at least 30 minutes before start time to make sure the nets and everything is ready to go. Everyone else will need to always be at the gym 15 minutes before start time.

When we are running outside or in the weight room you do not have to wear spandex. You can wear some longer shorts over them. In the gym for volleyball skill work you are required to wear black spandex. (Remember ladies keep the cheeks covered and long enough when you bend over they stay covered) I do not want other colors just black. You will need to wear your black spandex every day and always have Nike shorts or something to slip over them if we go outside or in the hallways. Check your sports you for any paperwork that will need to be turned in on Monday July 31st Please, have that paperwork completed and turned in as soon as possible. Do not forget your physical form if you got it somewhere other than the school.

There are no secrets to SUCCESS!! It is the result of Preparation, Hard Work,
and Learning FROM OUR MISTAKES AND MOVING FORWARD!

Schedule of two a days

If there are any parents, grandparents, friends or siblings who would like to volunteer and bring up some snacks, drinks, or goodies, please email or text me. It would be awesome if I could get a mom to even take this over and organize it.

Things to bring for team activities...

Three ring binder

Markers

Poster board

Pens pencils

Monday July 31st

11:00 - 2:00 first practice

2 hour break, eating, team meetings, and fun

4:00 - 6:00 pm second practice

Tuesday Aug. 1

1:00 - 4:00 first practice

2 hour break of eating, team meeting, and fun

6:00 - 8:00 pm

Wednesday Aug. 2

10:00 - 12:00

2 hour break, lunch, meetings, fun

2:00 - 5:00

Thursday Aug. 3

9:00 - 12:00

2 hour break

2:00 - 4:00

4:30 Meet the Teacher Night

Friday Aug 4th

First scrimmage of the season!!!

Trying to finalize the scrimmage in the morning... We will practice after the scrimmage. We will meet and eat together and then we will practice after lunch.

PLEASE REMEMBER ALL ACTIVITIES ARE SUBJECT TO CHANGE!!!

We will be planning a team activity for an evening of games and fun this season. It might be a Friday night activity but more to come in the future.

You should be PROUD to be an Ector Eagle Volleyball Player. We will have Amazing moments throughout this season. We will laugh, cry, celebrate and grow together as a Family this year!! Go Lady Eagles!!! Please feel free to Contact me with any questions.

If you are not already on Sports You please download this app. This is where I will put information throughout the season. If there are changes it will be posted here also.

Thank you,

Dene` Adams

dene@ectorisdonline.org

(806)240-0169