

Tatnall Volleyball Family,

I am looking forward to another great Hornet volleyball season. Though we graduated a number of seniors, we are keeping our goals on the state tournament. We are returning some talented players and many of you have been working hard since last fall, but the keys to achieving our goals will be positive attitudes and teamwork.

If you can make it to a volleyball camp, please do so. If not, stay in/get in the best shape possible. There will be weekly opportunities to work out in the weight room with Coach Wermus or Coach Russell. The weight room will be open from 3-6 p.m. each weekday. After an introduction to our workout program, you will be free to move at your own pace. Please check with Coach Russell for the volleyball workout. I encourage all of you to try 2-3 workout sessions per week, at home or at Tatnall. I suggest coming with a partner to help keep you motivated. Preseason will be here before you know it and it will be much easier for everyone if you are in good shape.

Preseason will begin on August 17. This will be a normal preseason day, and you must have a current physical to begin. **Each weekday will go from 8:45 a. m.-2:45 p.m.** We will be trying to organize the downstate trip again this year but it is dependent on parent involvement. **Parents, if you can drive /chaperone please contact me.** This is our annual preseason team bonding and scrimmage trip. We have over 40 girls, so the Tatnall vans plus my Vue are not enough. Our downstate trip would be September 2-3 because of Senior Forum and other scrimmages. We would leave early Wednesday morning and return Thursday night. There will be no practice the Friday before Labor Day weekend.

To all of the new players to our program, I am excited to have you join our family. I cannot wait to teach you about the sport that I love so much. To current players and parents, I look forward to seeing you again in the fall.

GO HORNETS!!!

Sincerely,  
Coach John Evans