

Laconia Varsity/JV Summer Gym Schedule 2024

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Welcome to the 2024 volleyball season! We are very excited for those of you attending our camp with Coach Braegelmann; this is an amazing kick-off to the start the summer. We also have a bunch of open-gyms planned for the month of July and August for returning players, upcoming 9th graders, and those of you who might be interested in playing! Open-gyms will be in the LHS gym from 8:30 to 10:30 am on the following days:

July 12th

July 15th

July 19th

July 22nd

July 26th

July 29th

August 2nd

Open-gyms are not required, but are strongly encouraged, especially for those not yet familiar with our program. High school tryouts and practices differ greatly from middle school in both intensity and expectations, and there is no better time than summer to see if you are up for the challenge. You will need a water bottle, knee pads, court sneakers, and a **positive attitude** to join the fun! Be ready for instruction and constructive criticism, to work outside of your comfort zone, and to make new friends!

Tryouts are required and will begin on August 19th at a time TBD. Please make arrangements NOW to be available August 19th to August 21st for tryouts and for practices to begin on August 22nd. Whether you are or are not joining us for open-gyms, NOW is the time to start conditioning. We will have 2 hour tryouts with very intense strength and cardio involved; do not wait until tryouts to do any conditioning. You should be comfortable running a mile, doing fast-sprint exercises like foot fire and suicides, holding a plank and a wall-sit for one minute, and with vertical exercises like wall jumps and high knees.