

Conestoga Volleyball 2024

Try out dates: Aug 12-14 (CHS large & small gyms)

- Aug 12-7:30am-12pm & 4-6:30pm
- Aug 13-7:30am-12pm & 4-6:30pm
- Aug 14-7:30am-12pm

Link to Conestoga volleyball website: www.conestogavolleyball.com

***Procedures for submitting the 2024-2025 PIAA forms:**

Go to web site for information: <https://www.tesd.net/domain/1881>

Pre-season Aug 15-24th

General pre-season practice days/times: (subject to change)

- M-F 7:30-12pm & 4-6:30pm (+some Saturdays)
- Full schedule will be posted on team snap to which all players who make the JV or Varsity teams will be invited to join.

Important dates:

- July 1: First day paperwork can be submitted
- Physicals can be dated May 1, 2024 or later
- Aug 12: Try outs begin at 7:30am @ Conestoga gym.
- Aug 14: Teams announced, and pre-season practice begins
- Aug 15: 6:30pm, parents meeting for Var & JV parents, in the small gym. Need at least one parent per player to attend
- Aug 23: 5:00pm, Welcome party for Var & JV teams and families at TBA. All players, parents and family are invited.
- Aug 28: School begins

- *All potential players should plan to attend every session of try outs, and if you make the JV or Varsity team, you will be expected to attend all pre-season and in-season practice sessions. If you miss practices for any reason except injury, illness, school or family emergency's this can affect playing time. We do not usually practice on weekends, but will occasionally have activities, work outs or matches on Saturdays.*

Freshman team: First meeting on Aug 26 after school. Try outs: Aug 27, 28 & 29. The Freshman team will usually carry 15-20 players. If a large number of players try out for the freshman team, we will have cuts.

Coaches:

Varsity: Head Coach: Diana Felker
dk@grantspark.com

Assistant Coach: Alana Floyd

****Varsity practice times in season: 3:30pm-6pm**

CHS Volleyball website: www.conestogavolleyball.com

JV: Head Coach: Sophia Paffas
spaffas@gmail.com

Assistant Coach: Julia D'Urso

****JV practice times in season: 4pm-6pm**

Freshman: Head Coach: Rachel McIntyre
rachelmcintyre.vball@yahoo.com

Assistant Coach: Brittany Conroy

****Freshmen practice times in season: 3:30pm-5:30pm**

- Game schedules will be online and can be accessed through the Conestoga high school web site then click on the athletics tab. They will also be on team snap for all players and parents to access.

Season runs from Aug – Oct (post season could run into Nov for Varsity)

Team expectations:

Varsity:

Very competitive, playing time is determined by effort, ability, attitude. Just because you make the team does not mean you get playing time.

JV:

Competitive but developmental. Playing time is more equal but players are being groomed for the varsity level and are expected to be at every practice and to compete for positions and playing time.

Freshman:

Depending on how many players come out for the team will determine whether cuts are made. Playing time is as equal as possible. Players are taught all volleyball skills along with the same offense and defense run at the JV and Varsity levels.

Booster Club (parent volunteer positions):

Co-President:

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Treasurer:

Var Team Parent:

JV Team Parent:

Frosh Team Parent:

Photographer:

Fundraisers: (players are expected to help run these)

- Ka-hoots middle school program Dec-March
- CHS summer camp

Parent involvement:

- Help with team snacks for matches
- Dig Pink night
- Help set up team dinners (usually 2 during the season)
- Host pasta parties during the season (for individual teams)
- Window display at front of school
- Senior Night
- End of the year banquet
- Help with fundraising
- Take pictures during matches
- No booster club fees