

North Forsyth Volleyball



Welcome to the North Forsyth Volleyball Parent Information Night. We are excited about the 2012-2013 Volleyball season!

Introductions and Contact Information

Contact Information

Coach Kathy Houston - khouston@forsyth.k12.ga.us

Coach Lisa Carpenter - lcarpenter@forsyth.k12.ga.us

Booster members:

Linda Praznik - lindapraznik@gmail.com 770.889.9380

Lisa Bennett - lbennett@forsyth.k12.ga.us 678.643.1542

Scott Bennett - scottbury@aol.com 404.667.2387

Kenny Hiers - khiers@lifetimefitness.com 678.634.6174

Carol Hiers - cmhiers1@aol.com 770.825.2424

North Forsyth High School Web Page

Home page

Extracurricular activities

Athletics GHSA

Volleyball

Why Play Volleyball?

Volleyball is a great experience for young woman to get to know ladies of same and other ages. Team and individual bonds are formed on and off the court, skills are sharpened, and games are won. Some go on to play in college and are awarded scholarships.

2012/2013 Volleyball Season

- Player expectations
 - **Be a positive role model to other players and students**
 - Be at all practices and games on time and ready to play
 - Always give 100%
 - Support players and team at all times
- Parent expectations
 - Support the team at all times and be a positive role model
 - Assist with keeping score, line judging, libero tracking, and working the concession stand
 - Pay on time

- Make sure your player gets to practice and games on time and gets picked up from practice and games on time
- Philosophy on playing time
- Tentative practice time and schedule
- Games and tournaments

Cost and What is Included

The estimated cost is \$300-\$400. This includes:

- Warm ups
- Hitting shirt
- Practice and game shorts
- Socks
- Knee pads
- Transportation to away games
- End of the year banquet
- Awards
- Miscellaneous items for the players

*All players will need volleyball shoes. The team shoes are white with black trim. If you will be buying shoes for practice/tryouts, please consider this color scheme. If you make the team, these shoes will blend well with the uniform and the team shoe. Players will not be required to purchase the team shoe.

There will be fundraising available to reduce or pay for the entire cost. Please do not let cost be an issue. Contact either of the coaches to discuss options.

Getting Ready for Volleyball Tryouts

Rookie Camp

What is it: Designed for players who have not played at all or very little. Teaches the basics.

When: June 2 (1 day) from 9:00 am - 12:00 pm

Where: NFHS Gym

Cost: \$30 (non refundable)

Kids Camp

What is it: Teaches volleyball basics to ages 8-14

When: July 10-12 (3 days) from 8:00 am - 10:00 am

Where: NFHS Gym

Cost: \$90

Register at www.forsythco.com

Click on Services (under county directory on right)

Click on Park and Recreation Enrollments

Log in or establish account

Click on Search...Activity...Search by number

Type in Activity number 310657 and click search

Open Gyms

What is it: A time for prospective players to work on and improve their skills.

Attendance does NOT guarantee a spot on the team!

When:

- July 9th from 10-12
- July 10th - 12th from 12-2
- July 16th - 20th from 10-12
- July 23rd - 27th from 10-12

Where: NFHS Gym

Cost: Free

Matchpoint Volleyball Team Camp

What is it: A camp to improve individual and team skills from world class coaches.

Attendance does NOT guarantee a spot on the team!

When: July 13-14 (2 days) from 8:00 am - 1:30 pm

Where: North Forsyth High School

Cost: \$150

Volleyball Tryouts

When: August 1 (tentative)

Where: NFHS Gym

What do I need to do tonight?

- Get the Forsyth County Physical Form turned in before the player comes to open gym. It can be printed off the NFHS volleyball website. A player cannot attend any practices or camps without this form. Turn it in to either coach or Mrs. Sutton in the front office of NFHS.
- Complete the Waiver and Release and turn it in tonight.
- Complete the Contact Information Sheet and turn it in tonight. You will receive emails and reminders as appropriate.
- Get excited about the upcoming 2012/2013 Volleyball season!

GO LADY RAIDERS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!