

Dear Lincoln Volleyball Player/Parent:

As we rapidly approach summer vacation, we must begin to think about volleyball next fall. Here are a couple of reminders for the upcoming volleyball season!!

- **Get a Sports Physical for Condition/Tryouts**
  - Get your sports physical completed before you show up to any conditioning day (July 25-26, July30-Aug 2) and tryouts (Aug. 6<sup>th</sup> – 8<sup>th</sup>)
- **Turn in all Paperwork**
  - All LHS sports contract paperwork and physical forms should be turned into your coach by July 25<sup>th</sup> or the first day of tryouts (August 6<sup>th</sup>). Sports packets can be picked up in the main office or online at: <http://lhs.wpusd.k12.ca.us/athletics/athlete-participation-packet/>
- **Do Your Summer Workout**
  - You are expected to work out during the summer months. See the attached workout schedule. This must be turned into your coach when conditioning begins on July 25<sup>th</sup> or the first day of tryouts on August 6<sup>th</sup>. You should also be prepared to work hard when you return in August.
- **Check Your E-mail**
  - Keep up to date by checking your e-mail at least once a week during the summer. You may receive more information about the upcoming season, conditioning dates and times, or changes to the workout schedule.
- **Open Gym Over the Summer**
  - We will have open gym Thursdays in the Old Gym starting June 14<sup>th</sup>.
    - Thursday 9am-11am Freshmen and Sophomores
    - Thursday 12pm-2pm Juniors and Seniors
- **Grades**
  - To be eligible for the upcoming season you must have a 2.0 GPA or better at the end of this school year or attending summer school to make up the grade.

If you have any questions, please contact Coach Zamora [ezamora@wpusd.k12.ca.us](mailto:ezamora@wpusd.k12.ca.us) or Coach Emma by e-mail at [eoehler@wpusd.k12.ca.us](mailto:eoehler@wpusd.k12.ca.us)

We look forward to seeing you on July 25<sup>th</sup> – and BE READY TO  
WORK HARD!!!!

***GO LADY ZEBRAS!!!***