

SLA's Girls Volleyball Survival Guide



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Mission Statement

Dear Athlete,

We are pleased to know that you are interested in SLA's Girls Volleyball Team. Pursuing a sport in high school is a very beautiful thing and comes with many benefits. There is nothing that compares with the sense of well-being and accomplishment that accompanies playing a sport. SLA's Girls Volleyball Team provides an encouraging environment where young female athletes can develop their volleyball skills and knowledge to the highest level they are capable of. Female athletes will be educated to improve their physical, mental, social and emotional abilities.

In order for an individual or team to be successful, one must be committed. Responsibilities and sacrifices come with being a committed team player. Without them no goal can be achieved. Therefore, your presence and enthusiastic participation at practice and games is crucial in order to prosper.

Here at SLA's Girls Volleyball Team, we do not define success by wins or titles, success will be achieved by our players as they improve and grow over time.

Getting Sport Physicals

The Philadelphia School District requires all student athletes to get a sport physical in order to be eligible to play any school sports for the upcoming season. Without a physical, you will not be able to participate in any practices or games. The purpose of a sport physical is to determine whether it's safe for you to participate in a particular sport. The two main parts to a sports physical are the medical history and the physical exam.

Medical History

This part of the exam includes questions about:

- serious illnesses among other family members
- illnesses that you had when you were younger or may have now, such as asthma, diabetes, or epilepsy
- previous hospitalizations or surgeries
- allergies (to insect bites, for example)
- past injuries (including concussions, sprains, or bone fractures)
- whether you've ever passed out, felt dizzy, had chest pain, or had trouble breathing during exercise
- any medications that you are on (including over-the-counter medications, herbal supplements, and prescription medications)

Physical Examination

During the physical part of the exam, the doctor will usually:

- record your height and weight
- take a blood pressure and pulse (heart rate and rhythm) reading
- test your vision
- check your heart, lungs, abdomen, ears, nose, and throat
- evaluate your posture, joints, strength, and flexibility

Note: ALL PHYSICALS MUST BE DATED AFTER JUNE 1ST IN ORDER TO BE CONSIDERED VALID FOR THE FOLLOWING SCHOOL YEAR.

Athletic Physical Locations:

[119 E DEKALB PIKE](#)
[KING OF PRUSSIA 19406](#)
(610) 962-9627

[7001 FRANKFORD AVE](#)
Philadelphia [19135](#)
(215) 543-0715

NOTE: Each of the physicals are \$39. These are the only two close locations to receive these physicals. You cannot go to any Walgreens it must be one of these locations.

CVS MINUTE CLINIC
6501 HARBISON AVENUE
PHILADELPHIA, PA 19149
Phone: 215-333-4300
Fee: \$39

(Students 16 and under must go with their parents. 17 year olds must bring a dated and signed note by their parents stating that they give permission to get physical.)

FIRST AFRICAN PRESBYTERIAN CHURCH (MONDAY PHYSICALS ONLY)
42nd & Girard
215-477-3100
Fee: FREE

(Students must first go to the church at 7:00 am on Monday morning and return for appointment time in the afternoon on the same day.)

[The Liacouras Center](#)
1776 North Broad Street, Philadelphia, PA 19121.
June 1st.
FREE sports physical

Ideal Practice

Official practice for the season begins the last week of August. The practice will run from 10-3 each day of the week (Monday-Friday). These practices will consist of conditioning, learning positions, and game play. It is imperative that female athletes attend all practices. The essential items needed for practice are kneepads, water and a volleyball.

Most practices during the season will take place at 32nd Chestnut (The Field). During the school week, the girls should report immediately to the field after school dismissal. Girls are responsible for walking to field for exercise. (Tuesdays & Fridays practice is from 3-5 pm & Mondays & Thursdays practice is from 4-5:30) Note: There is no practice on game days.

Typical Practice Routine:

3:00-3:20= Leaving school & Walking to the Field.

3:20-3:35- Group Stretching

3:35-3:45- Sprinting

3:45-4:00- Bumping in a circle as a team (Practicing Control)

4:00-4:30- Bumping, Digs and Spikes

4:30-5:00- Playing an actual Game

On occasion, practice will take place at 40th Walnut (UPenn Outdoor Court). This practice will allow female athletes to utilize the court. Also the girls will be able to practice serves and spikes intensely.

If practice is canceled or held at a new location, all athletes will be contacted via text or email. Please make sure you are added to google email list and your contact information is updated.

Typical Game Schedule-

September

7 @ Mastbaum

12 @ Furness

14 @ Overbrook

19 @ Girls High

21 @ PKY CC
28 @ Kensington

October
3 @ Freire
5 @ Audendried
10 @ Olney
12 @ Bracetti
17 @ Carver

Last season, the Lady Rockets dominated with 9 wins and 1 lost. They then competed in the playoffs against gold league team, Palumbo. Although they lost to Palumbo, the Lady Rockets still excelled to the next division! SLA's Girls Volleyball Team is now in the Gold League Division who will be competing with elite teams such as Mastermen, Central, and etc.

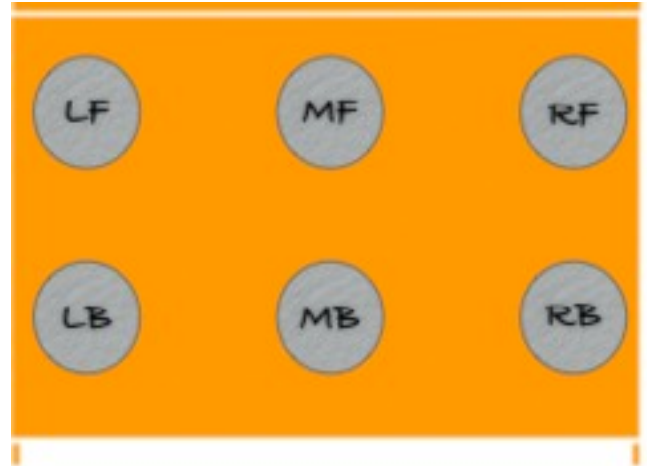
In order to do well in this division female athletes must be able to communicate well on the court, control the ball, and be aggressive.

Understanding the Game

Basic Volleyball Rules for Playing the Game:

- 6 players on a team, 3 in the front row and 3 in the back row
- Maximum of three hits per side
- Player may not hit the ball twice in succession

The image shows the 6 spots on the court including their names.



What to Expect in a Game based on the Division?

NOTE: SLA is now in Gold

Bronze League:

- Bumping over the net
- Serving (Under and Overhand)

Silver League:

- Bump, Set, Spike
- Utilizing the Middle & Outside Hitter
- Serving (Mostly Overhand)
- Switching Positions
- 2 Setters
- Blocking

Gold League:

- Bump, Set, Spike
- Utilizing the Middle & Outside Hitter
- Serving (Only Overhand)
- Switching Positions
- Blocking
- 1 Setter
- Having special positions such as DS (Defensive Specialist) and or Le Barrel.



Exercises

All good volleyball players utilize speed, quickness, core strength, lower-body strength and upper-body strength in order to be successful on the court. Listed below are exercises to help enhance those vital components.



CORE AND SHOULDER STRENGTH:

Core strength provides stability for all the twisting, turning and stretching movements of the game. Shoulder strength is crucial for executing skills such as blocking, hitting or serving.

Great Exercises are front or side planks or Russian twists for the core, alternating dumbbell presses or hang cleans for the shoulders, or medicine ball throws to work both areas. (**The

LOWER-BODY STRENGTH

Lower-body strength is needed playing above the net and blocking.

Traditional exercises include squats and lunges build lower-body strength. However exercises more related to volleyball incorporate box jumps, stair jumps, squat and lunge jumps. (**The picture shows squat jumps.)



SPEED

Although a volleyball player might not need the same style of speed as a soccer player, he or she does need to be able to cover the floor quickly in a short amount of steps, allowing the he or she to cover a dig or close in on a block or spike.

Great speed exercises include of short sprints spanning 10 to 25 yards, or through lower-body lifts such as squats and lunges. (** The picture shows sprinting)



LATERAL MOVEMENT

In the game of volleyball often a player is often required to move laterally just as quickly as forward and backward.

Great exercises include lateral squats, lateral step-ups or lateral hops. (**The picture shows lateral squats)

Fundraisers

Playing a sport can be very expensive. To ease the cost for families, the team has several fundraisers. We fundraise to lower the cost of jerseys and for new equipment. There is a \$10 deposit for jerseys that is collected during the week of summer practice. The female athlete is then responsible for washing the jersey and wearing it to all games. At the end of the season the student must return the jersey to Coach Hirschfield in order to receive \$10 deposit back.

Typical Fundraisers:

Krispy Kreme Doughnuts

(Each player is responsible for selling at least one box of doughnuts)

Student vs. Faculty Game

(All players must attend and participate in the event)

Bake Sale

(Each player is responsible for bringing in at least one baked or bought item)

Frequently Asked Questions

Who is the coach?

Karina Hirschfield also known as the College Counselor.

Where do we practice?

Most of practices will take place at the field on 32nd Chestnut. Tuesdays & Fridays practice is from 3-5 pm. Mondays & Thursdays practice is from 4-5:30.

What do you have to do if you want to leave from a game?

Please have your parents write a note giving you permission to leave from game location.

What happens if you can't come to practice?

Coach Hirschfield will use her best judgement to decide whether or not your absence is excused. Attendance at practice is mandatory in order to start and play on the court for games.

What equipment do I need?

All players should have kneepads and a volleyball

What should I bring to practice?

All players should bring kneepads, a volleyball, water and a positive attitude!

What should I wear to practice and or games?

For practice athletes are asked to wear shorts or compression shorts with comfortable shirt. As for games, all players must wear their jerseys and black compression shorts.

Are there any boot camp regiments before the season begins?

Official practice for the season begins the last week of August. The practice will run from 10-3 each day of the week (Monday-Friday).

What documents are needed to play?

A signed sports physical from your doctor. (Note: **ALL PHYSICALS MUST BE DATED AFTER JUNE 1ST IN ORDER TO BE CONSIDERED VALID FOR THE FOLLOWING SCHOOL YEAR.**) Also any other important documents from Coach Hirschfield.

What time do games usually start and end?

We leave SLA at 1:30 to travel to location and prep for game. The actual game starts around 3 and usually ends around 4:30. However, the time may vary depending on how many sets we played and etc.