

Welcome to the 2008-2009 Gulf High School Volleyball summer season! I would like to take this time to introduce myself to you. My name is coach Christopher Vergnaud (Coach V) and I am your new head volleyball coach here at Gulf High School. I am originally from New Port Richey and am a graduate of Ridgewood High School. I graduated from Florida Gulf Coast University in 2007 with a Bachelor of Arts degree in Political Science. I currently teach American Government, Courtroom Procedures and Law Studies at Gulf High School.

During my collegiate years (2002-2007), I served as captain of one of the intramural volleyball teams, where I helped lead our team to six straight Intramural Championships with one beach championship (Fall '02 Beach, Spring '02, Fall '03, Spring '03, Fall '04, Spring '04 & Fall '05). In 2003-04, I worked with previous head coach, Jaye Flood, and the Florida Gulf Coast University Woman's volleyball team. In 2007, I was selected as an assistant coach for the FGCU Summer Volleyball camp. I also served as an assistant coach to Club Volleyball AAU-USA South 14's in 2003 and team 15's in 2007. In 2007 our 15's team went to the Junior Nationals in Orlando placing fifth. During the summer of 2007, I worked with the state qualifying coaching staff at Ft. Myers High School in their summer camp. Before taking the teaching job at Gulf, I was selected as the new head coach of the freshman team at Fort Myers High School. During the fall of 2008, I worked alongside Coach Shari Schau and Barb Munday as an assistant to the volleyball program.

I would like to welcome you to the 2008-2009 Gulf High Volleyball summer season with some important dates that will help you and your athlete over the next few months. The first day of summer practice is June 23rd starting promptly at 10 am and going until 2 pm. Summer practices will be on Mondays, Tuesdays and Wednesdays from 10 am till 2 pm. Thursdays will be an optional day of practice for those who may want extra gym time or need extra help on skills.

June 23, 24 and 25 are mandatory attendance practices for every prospective athlete. This is "basics week" and it is important that every athlete understand the basic foundations of volleyball. We also will discuss nutrition and workout programs for each athlete.

If you are a returning Lady Buccaneer volleyball player, summer workouts are mandatory. If you are new to our program the summer workouts can only increase your volleyball knowledge and skills, which means the more you attend, the better you will be. Please note: Attendance during the summer workout program does not guarantee you a spot on the team, although it can make a difference when coaches look at the dedication of an athlete.

On May 17th, 2008 at 8:00 am, Dr. Hanff's office will be giving \$10 physicals to all Gulf High and incoming middle school athletes. This is the best time to get your daughter in for a physical before the summer workouts begin. You are more than welcome to take your daughter to a family doctor, but please be aware that your daughter will need her physical dated after May 17th and turned into me by June 23rd. Your daughter may not participate in any summer workouts without a physical on file.

Volleyball tryouts will be on August 11th-15th from 2 pm until 4 pm at Gulf High School Activity Center. The 2008 Lady Buccaneer Volleyball team will be chosen on

Friday, August 15th. Please be aware that the first day of school for students is August 18th, which means tryouts, will be the week before school starts. I am asking you to plan family vacations and trips accordingly so that your daughter will not be in jeopardy of not having an opportunity to tryout and possible make the team.

Summer camp information has not been finalized yet. It is important that your daughter attend workouts so that she can gain all the information on camps as they come in. You will have plenty of notice for the camps. Again, camps are not mandatory, although, they will increase the knowledge, skill level, and fitness of an athlete. If you have a friend, sister, or relative who would like to attend a middle school volleyball camp (grades 6-8), there will be one from July 7th-10th from 9 am until 1 pm at Gulf High School. The cost of the camp is \$70 per athlete.

Again, welcome to the 2008-09 Lady Buccaneer Volleyball summer season. I am enthusiastically looking forward to a wonderful summer of working with the athletes in furthering their knowledge and skills of the game of volleyball. Thank you for supporting Gulf High School and our volleyball program. I am looking forward to an exciting season of Gulf High Volleyball!

If you have any questions please do not hesitate to contact me by email or phone.

Sincerely,

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