

# MTGVB 2020 Season Info

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## Team Communication:

We will be communicating with players and parents primarily through the **Remind** App.

Who: Any parent or student-athlete (grades 9-12 for 2020-21 school year) interested in being involved with MTGVB. If you have already connected to a Remind course (MTGVB-2019 (now 2020) or MTGVB-open), there is no need to join again.

To Join: Text @openmtvb to 81010. The app is helpful, but not necessary in order to join

## Open Gyms:

TBD: With the current closures, we are unable to do any sanctioned gatherings prior to July 1.

When we know more, we will send more information through Remind

## Summer Workouts:

Who: Any Manheim Township girl who will be in grade 9-12 in the fall and is interested in participating with Manheim Township Girls Volleyball with the High School Varsity/JV program

Where: Home

What to Expect: Coaches will send workout plans and/or individual volleyball specific drills/activities to help you with skills and conditioning. Look for ideas to come weekly through the Remind App.

What's next: We will let you know as soon as we have more information about school reopening and getting back to "life as usual"

## Preseason:

**PRIOR TO THE ANNOUNCEMENT OF SCHOOL CLOSINGS, THESE DATES WERE SCHEDULED - WE WILL SEND OUT UPDATES/CHANGES AS WE BECOME AWARE**

PIAA/ Physical Paperwork due to athletic office: **7/27** (forms on the district website)

Free physicals completed by Orthopedic Associates of Lancaster (at the HS Arena) on 7/27

(grade 7-9: 5:30-7:00pm; grade 10-12: 7:00-8:30pm)

(Athletes handing in paperwork the day of tryouts will **NOT** participate that day.)

Preseason dates: 8/17-8/25    Tryout dates: 8/17-8/21

Time: 3:30-5:30pm & 6:00-8:00pm. (8/17-8/21)

Eat a good lunch and bring a hearty snack for the half hour break between sessions!

Where: HS Arena

## Season:

Schedule is available on the district website under athletics.

Regular season runs from 9/1/2020 (first scrimmage) through 10/21/2020. Any post season play for varsity will be after this date.