

MASSPIKE VOLLEYBALL CLINIC – INFO LETTER TO PARENTS

CONTACT INFO (Other than Karyn, use these staff members number only for Masspike clinic hours or to text them prior to the session about attendance or medical status.

KARYN ALTMAN – MASSPIKE CLINIC DIRECTOR

masspikevolleyball@gmail.com Fax:978-349-7777 .

Home/office: (978) 226-8781 (Office phone – rings on my home phone. *I get so many robo calls, I often don't pick up. Leave a message or text my cell and I'll just to respond promptly.*

Cell # during clinic only (978) 430-0309

CAM CONNORS – ASSISTANT DIRECTOR – DURING CLINIC ONLY 774-452-0403

administration) Cam will be coaching on court, but can be used as an alternative number to reach – better to call athletic trainer

ATHLETIC TRAINER: CAN CALL DURING CLINIC HOURS ONLY: often the easiest to reach during the clinic (health supervisor, but also helping with administration, so you can text to report a player who will be late or not attending)

July 22-24 10am-4pm Angie Gonzalez 978-609-3084

Aug 5-7 10am-4pm Jenna Virnelli 781-484-6912

Aug 19-21 9am-12:30 Julie LePage 408-656-8802

Website: www.masspikevolleyball.com

To log in with email and Password: <https://masspike.clinicintouch.com/v2/login.aspx>

Clinic In Touch – Your Personal Player Account Page **303-444-2267** for technical online issues

First Day Check Times will be **10-30 minutes before your scheduled Session.** Session Start time will be stated on an email sent to you, the week before and session times are listed on www.masspikevolleyball.com

Gym Location reminder will also be sent to you in that last minute email sent the week before each session.

FOR DIRECTIONS – if you are out driving and need directions to the gym for each site, go to the Direction Page www.masspikevolleyball.com Here's some notes to help locate the gym (volleyball courts) If this is your first clinic at a site, please read your site notes so can actually find the gym at the school.

McCarthy Middle School Gym 250 North Rd, Chelmsford, MA

July 22-24, and Aug 5-7 (Note that July 22-24, some groups will be at McCarthy MS, others at Chelmsford High. As of this date, beginner players (male and female will be at McCarthy MS, , others at CHS but check your individual email sent the week before

From the South - Take Route 3 North

Take Exit 32, Route 4 exit-- toward Route 3A/N. CHELMSFORD/WESTFORD. At the top of the exit ramp be in the left lane and enter rotary (now a "square" with lights) Go through the first set of lights. Move into the second lane from the left and as you go through the second set of lights. Veer left over Rt. 3 (NOT onto Rt 3) Get in the lane 3rd from the left and veer left thru the 3rd light toward 4 South Chelmsford. After going left thru that 3rd light, get immediately to the right lane. Take 4 South exit to McCarthy Middle School
Directions to McCarthy Middle below in RED

From the North - Take Route 3 South

US-3 S toward LOWELL/BOSTON. Take Exit 32, RT-4 exit- toward WESTFORD/CHELMSFORD. Go thru the 1st light and Veer Right onto Route 4 South Chelmsford.

Directions to McCarthy Middle below in RED

McCarthy Middle School:

Take the 2nd entrance so that you are entering to the left side of the school.

Go past the first parking lot to the back of the building.

Look for a door that says "Receiving".

The Masspike check-in / Gym door is to the left of that.

Chelmsford High School, Back entrance: 200 Richardson Rd, Chelmsford, MA July 22-24 but-some at McCarthy – Front entrance is on Graniteville.

Please read direction notes below - GPS does not always take you to the gym

You can get to the gym either by entering the CHS front entrance which is on Graniteville and then taking your first right to wind around to the back of the building OR you can go to 200 Richardson Rd and take the entrance road behind the Harrington elementary school. Note that some GPS systems may bring you to the front of the building and you will have to wind around back to find the gym

From Route 3 South Take Exit 32.

- At the top of the exit Ramp there is a light.
- Take an immediate Right onto Old Westford Rd. You will go by the softball field
- bear Right onto Graniteville Rd.
- Take the first entrance into Chelmsford High school (on the right)
- Take your first right after the small parking lot.
- Go down the hill, winding around to the back of the building.
- Go around the auditorium, and you will run into the gym parking lot. The entrance to the gym is near the auditorium

From Route 3 North Take Exit 32

- **Using the back entrance off Richardson Road** (I think it's easier)
- Take Exit 32
- Go through the light at the top of the exit ramp.
- Get immediately to the right and take Route 4 North
- Go through 2 sets of lights and then take a left onto Richardson Rd. (at Mahoney's)
- Go about 1 mile and Harrington Elementary school is on the left
- Take a left into the school entrance and go down the hill to the back of the high school
- Go all the way down to the tennis courts and park in that lot
- The auditorium is straight ahead and the gym is on the right

Using the front entrance off Graniteville Rd – signs can be confusing

- Take Exit 32 onto Drum Hill (former Rotary, now a traffic square)
- Go through lights at top of ramp, and get into 2nd to left lane
- Follow signs for Old Westford Road, staying Right as you go OVER Rt3
- After going over the highway, go straight thru the lights onto OLD WESTFORD RD
- Go by the softball field and bear right onto Graniteville Road
- Take the first entrance into Chelmsford High school (on the right)
- Take your first right after the small parking lot
- Go down the hill, winding around to the back of the building
- Go around the auditorium, and you will run into the gym parking lot
- The entrance to the gym is near the auditorium

AUG 19-21

Mill Works at 22 Town Farm Rd, Westford - for From 495 North

Take Exit 31 for MA-119 toward Groton/Acton. Keep right at the fork and merge onto MA-119 W/Great Rd. Turn right onto Beaver Brook Rd. Turn left onto MA-225 W. Turn right onto Abbot St. Continue onto Town Farm Rd Take Left at Millwork sign and go to MAIN ENTRANCE- Door 4 (bball, vball courts)

From 495 South

Take exit 32 for Boston Rd toward Westford. Turn right onto Boston Rd (signs for Westford). Turn left onto Main St. Continue onto Forge Village Rd. Turn right onto Town Farm Rd. Take 1st Left at Millwork sign and go to MAIN ENTRANCE- Door 4 (bball, vball courts)

TO CHECK IN at Masspike Clinics

- Check the attendance box next to your name. **Read/Remember your court** on the check-in sheet
- If there is an Admin Note next to your name please see Athletic Trainer (Angie, Jenna, Julie) or Karyn or an assigned Admin Assistant.
- Get your Masspike t-shirt.
- We'd like to keep the gym floor area as clear as possible for play; At McCarthy put your water bottles and possessions in the cubbies in the hallway. At the high school, keep things on the bleachers or in corners, if the bleachers are pushed all the way in.

DAILY ATTENDANCE, DROP OFF, PICKUP, MISSING SESSIONS

Parents, on any specific day, if a player will be missing or late for a session, text Athletic Trainer for that week. They may not reply if they are in the middle of working with participants.

July 22-24 Angie Gonzalez 978-609-3084, Aug 5-7 Jenna Virnelli 781-484-6912,
Aug 19-21 Julie LePage 408-656-8802.

- **ATTENDANCE** – Each day, players should check off their names when they arrive at clinic and put on a name tag. We will also take attendance on court in the morning and afternoon. **Parents, See online form list to report that your child will be arriving late, leaving early, or not attending. (if you know ahead of time)** Otherwise you can **write a note or preferably get a form from the trainer.** Our trainer will often call to check on players not attending so **please fill out the form or write a note ahead of time.**

IMPORTANT NOTE: DO NOT TAKE YOUR CHILD EARLY FROM CLINIC without CHECKING THEM OUT AT THE TRAINERS TABLE (ALSO TELL THEIR COACHES) Sometimes when a child gets sick, they call to be picked up and then they leave. **Don't leave without telling the trainer and coaches.** It scares us when we can't find someone. We then have to stop all activity to look for them.

- **DROP OFF** Masspike bears no responsibility for players before or after clinic.
- **PICKUP/DISMISSAL FROM COURT is promptly at clinic end time.** Our staff will dismiss the players from their courts at session's end to connect with their ride home, unless I am notified in writing by parents with other suggested arrangements. Most players are teenagers so we do not sign out players, nor do we supervise them once the session is over. I will be around for at least 15 minutes after the session. For AM only participants Chelmsford, we are there in the afternoon, but will not supervise players after their session. At the end of each daily session, the custodians may be closing the buildings
 1. If you are unexpectedly delayed, call/text the **trainer to let us know before hand**
 2. If you need special arrangements regarding pickup, let us know, in writing or with online forms.
 3. If you know you will be late, and the facility will be open (CHS or Millworks), you can give us written permission for your child to wait unattended at the gym after the clinic ends.

MEDICAL NEEDS/INJURIES/TRAINER – Please send us, in writing any medical concerns or issues we should be aware of (even if they are stated on their doctor's form). This will help us treat your kids effectively. In case they have a problem, there will be a certified athletic trainer at each clinic session. Since it is a long day for our staff, trainers may not be available until the start of the session, so kids who need to get taped may need to miss a few minutes of the session. . **We do not have heat packs and we have limited tape. If you have a preexisting condition and are going to need a lot of tape during the week, please bring some tape and pre-wrap with you** We will have enough supplies for injuries that occur during clinic. We will also have bags of ice.

In addition to notifying Karyn of any pre-existing medical condition or injury (even if it's already noted on the child's exam), please inform the trainer and your coaches once you arrive at clinic. **If there should be an illness or injury at clinic, which requires your child to sit out for more than 30 minutes, we will call a parent or the emergency number to inform you. If the trainer (or player) feels the player will be better off going home, you will be asked to arrange pick up for your child.**

MEDICAL – **Epi-Pens, inhalers, and insulin** should be kept near the court in your bag.

If your application indicates you need an epi-pen, (insulin) you will be required to have it with you in order to participate. You **must check in with your trainer and coach** so that they are aware of your medication location.

OTHER CLINIC INFO

- **BALLS.** Players do not need to bring or buy balls. We provide the balls to be used at clinic
- **KNEEPADS – are recommended but not required.** They are available at Dicks, Amazon, etc. Asics, Mizuno are two common brands but there are others. I have about 10-20 pairs available for \$20 from last year, and they will be available on a first come basis, so best to buy on your own ahead of time.
- **THINGS TO BRING**
 1. Volleyball shoes or indoor court shoe (e.g. cross trainers or any indoor sports shoe)
 2. Kneepads (we only have a limited amount, so best to buy ahead of time)
 3. Waterbottles. Players need to stay **HYDRATED** (Millworks does not have water fountains, but does sell water/drinks and snacks.
 4. Lunch and cooler for 10am-4pm clinics and any snacks/drinks to have during the clinic day.
 5. Tape, pre-wrap and necessary supplies if you have a recurring injury that needs taping.
- **CANCELLATION POLICY.** As stated in past communications, **there will be no refunds granted** unless you chose to purchase cancellation insurance through travmark on the application. Otherwise, if clinic is not attended due to an injury or illness, we often try to fit you into another clinic session this summer but we don't carry over any credit past the summer sessions.
- **DIRECTIONS** <https://masspike.clinicintouch.com/MyAccount.aspx> Click on **FORMS AND DOCUMENT PAGE** and then open the appropriate directions to get directions to the gym or they are on the website at www.masspikevolleyball.com.
- **LUNCH** 12:30-1:30 July 22-24 and 1-2pm Aug 5-7. For Full Day players **MUST BRING THEIR OWN LUNCH IN A COOLER.** Half Day participants can bring drinks (and a snack if they wish).
- **EMERGENCY #'S** – check your email, (week before clinic) and correct any inaccurate emergency/cell#'s
- **MONEY OWED.** Rare exceptions. See Karyn or assistant at Checkin..
- **BEGINNERS or PLAYERS NERVOUS ABOUT CLINIC** – if you have a player that is just beginning or may be nervous about attending clinic, possibly without a friend, please assure them that our coaches are very friendly as are the players. We try to make sure they have 1 or 2 players to hang around with the first day. Many players are in the same situation. So tell them not to fear. By the end of the first day, they will have met some very nice people and will be learn lots of new skills that will help them if they choose to tryout for a high school team. Feel free to let the staff and Karyn know that a player may be nervous or doesn't know anyone. And contact us during clinic, if the situation needs further assistance.
- **PARENT OBSERVATION** – our gym is always open to parents. However, this year, if you are going to hang out at the gym, I need you to check in with the Athletic Trainer (signing in with your name, and child's name) and put on a name tag. You may watch at any time but please make sure you are not interfering with the drills and court space. Also sitting right behind a court talking, without watching is not a good idea. Balls are flying and you could get hit and hurt. Try to sit off to the side. For safety or space needs we may need to ask parents to move away from the courts.

PLACEMENT ON COURTS –

PLEASE CHECK YOUR EMAIL (sent midweek before clinic) TO CONFIRM THE ACCURACY OF THE PLAYER’S PLAYING EXPERIENCE LEVEL, GENDER AND POSITION. Most courts are single gendered, but some will be coed where appropriate. Experience level and gender will be used to divide General skills. (Position Clinics will be divided by position and sometimes subgrouped by level and gender. There will be around 14-16 players on each court, with 2 coaches. Player assessments and adjustments will be made throughout and after the first day of drills. **We cannot guarantee placements with friends (except Beginners or a full team registered together ahead of time) but if friends are the exact same experience level, they can request to be placed on the same court.** Don’t worry, you’ll get to know the players on your court within a day or so and enjoy them.

PLEASE NOTE: YOUR COURT PLACEMENT WILL NOT **DECIDE YOUR FUTURE PLACEMENT ON YOUR HIGH SCHOOL TEAM, I PROMISE!!** COURT PLACEMENT AT CLINIC AND YOUR VALUE TO A HIGH SCHOOL TEAM ARE TWO TOTALLY DIFFERENT THINGS. Every year a few players feel they are misplaced. Sometimes applications have faulty info, or I make a mistake or a player is better or less skilled than their experience would indicate. Feel free to talk to me, Karyn, but please keep in mind the following things:

1. With 14-16 players, there will always be a range of skill level and experience on every court. If you are clearly better or worse than everyone else, it should be obvious to the coaches and they will move you.
2. General Skills Position training focus mainly on individual skills and improving your own personal skill level. If someone next to you can’t serve well, it shouldn’t affect your ability to work on your serve placement or toughness while they work on becoming consistent. Don’t let it throw you off; they may have other strengths that you don’t have.
3. We will be going over basic skills, even at the top levels. Please don’t think that your court is the only court methodically going over basics. Good technique is the basis for success during your season. Even college players go back to basics each season.

If you feel you are obviously misplaced here’s what should happen:

1. Talk to your court coaches, state your case, and ask that they observe you during the session. Sometimes players, who feel they should be at a higher level, tend to sulk and appear unmotivated. Although I understand that reaction, know that coaches are going to evaluate players on what they see. If there is no energy or attempt to work hard, it is unlikely a player will be moved to a higher level. Try your best and talk to your coach after the session to get their assessment.
2. Your coach will make an initial assessment. If you are in agreement – there is no need to pursue.
3. If you are not in agreement, then you can come see me, Karyn and I will assess you as soon as I can. I will be honest and tell you that if your coach did not feel you stood out enough to move, then I will probably stay with that decision, but I am willing to take a look and see

GROUP PLACEMENT: Except for Beginners and for teams registered together, we cannot accommodate requests to be on court with friends because we place by experience level and age initially. But for beginners without instructional experience, are all in the same area anyway. We sometimes make a few changes based on skill level and play observed during the first session. To ensure appropriate placement, check your email (week before session and email us if your experience listed is inaccurate.

Parent/permitted pick up people must come into the gym and see Nate to sign out players who leave early.

- **POSITION PLACEMENT:** Some clinics will spend a good amount of time training by Position. If you did not declare your position or need to change it (listed on last minute email), please email 'Sue Hanson' suehanson1325@gmail.com, my assistant.

○ **ONLINE FORMS – Go to your [Clinic In Touch \(CIT\) Account](#), then the Forms and Document Page**

1. MISSING SESSION is on Forms and Documents Page. If you are going to leave early, especially if you will be picked up early by another parent, if you will arrive late, or miss a session complete, fill out the Missing session form online so we can easily keep track **IF YOU KNOW YOU WILL BE LATE, FOR PICKUP** especially on a regular basis, use this form, to give your child permission to wait unattended after clinic. Or you can text or call for late arrivals, missing sessions and **BRING IN SIGNED LETTER**, if leaving early.
2. MEDICAL PERMISSION FORM – is also online. If you have an inhaler, insulin, epi-pen AND there is no indication of a permission form to self administer these medications or allow Nate to assist, in your Last minute info letter, then get online and electronically sign a permission form.

INHALER, EPI-PEN, INSULIN, if you may have to use one of these 3 items during clinic, keep it in your bag/backpack, by the sideline of whatever court you are training. You should inform NATE, at Monday's Check in and your coaches that it is in your bag and show them where it is, in case they need to assist you. And bring it to lunch.

3. ORDER KNEEPADS – Use the Kneepad form to order a pair or email christophersmccarthy23@gmail.com Cash payments of \$20 can be made at the gym for the kneepads. Kneepads are optional but suggested and you can probably find them on your own online or Dick's (\$20)

- LEARNING DISABILITIES - Although most of our coaches have no special education training, it would be so helpful if you shared knowledge of any learning or physical disability and suggested accommodations with us before clinic. This way we can be prepared to adjust our instruction to the specific needs of the player. Even a second reminder to the court coach, after your child is assigned would be extremely beneficial.
- GOAL SETTING. I'm a big believer in goal setting and the mental preparation for the season Players will get much more out of clinic if they have certain goals in mind, for the clinic and for their season. Go to <https://masspike.clinicintouch.com/MyAccount.aspx> Click on FORMS AND DOCUMENT PAGE.

Player Goal Setting and Action Play and Mental Conditioning. Read it and if you can fill it out/print page 4 for your coach on Monday. (beginners don't need to do this) fPage 4 Give your volleyball goals some thought. **Players should think about their goals before and during clinic to keep them on track.**

Read Physical and Mental Conditioning. You may use Page 6 during clinic to track your clinic successes.

Daily Skill and CAP Goals- coaches may ask you to fill out – or do for yourself

- PLAYERS WILL WORK HARD, LEARN A LOT, AND HOPEFULLY HAVE FUN. IF YOU HAVE ANY CONCERNS DURING CLINIC, PLEASE CALL OR TALK TO ME, KARYN, THE CLINIC DIRECTOR. WE ALL WANT THIS TO BE A GOOD EXPERIENCE FOR THE KIDS Everyone comes into this clinic looking for something different. For some, it's about trying out something new. For other's it's about making a commitment to improving their skills and making the team or a starting position. Masspike Volleyball Clinic has some terrific coaches – they are great teachers, most are great players and they are all wonderful people. With their many different personality types, the two things they have in common, is their love for volleyball and the love for helping players improve. If something isn't working well, please feel free to let us know.