



Princeton Volleyball

May 11, 2017

Dear Parents and Student Athletes,

I would like to introduce myself as the head coach of our volleyball program. This will be my third year with Princeton. As most of you know, my last two years I served as the varsity assistant coach. I look forward to meeting everyone. I'm excited to start things off this year!

I have set-up an off-season calendar including weightlifting on Mondays and Wednesdays with Coach Laphorn from 2:30pm-3:30pm. The training in the weight room with Coach Laphorn will focus on volleyball strength and conditioning to get in shape for the season.

Along with that, there will be group training offered on Saturday mornings with me. Although nothing is mandatory, it would be very beneficial to attend some of these sessions. Group training on Saturdays will consist of an hour working on specific volleyball skills. You can sign-up for a Saturday by contacting me. Since we are not in season, I can only have up to four girls every Saturday for group training.

Starting on June 6th, we will have open gyms for everyone interested in playing volleyball next year from 4:30pm-6:30pm on Tuesdays and Thursdays. This will be held in the arena.

This year we will continue to use the app "Remind" for all communication. Here are the steps to join the group.

1. Enter link: <https://www.remind.com/join/phsvb>
2. Enter Full Name
3. Enter Cell Number or E-mail (this will be how you're notified)
4. The code is @phsvb

Here's the link for our calendar:

https://calendar.google.com/calendar/embed?src=uc.edu_jmoldbcpual5t2i5mmj07aavq4%40group.calendar.google.com&ctz=America/New_York

Below is my contact information. If you have any questions, feel free to contact me!

Jasmine Davis

Head Volleyball Coach
Princeton High School

Cell: 937-541-6550 | Email: jasminevictoria_10@yahoo.com