

Summer Training for VHS Volleyball

By Teresa Williams

I know the school year just ended and summer has only begun, but fall sports are really just around the corner!

This summer will start my sixth year with the volleyball program at Vernonia High School, and assistant coach Brandy Everett's third year. As I have for the past five years, I will again be offering many summer sports activities for all incoming 9th through 12th grade girls that signed up to play volleyball in the fall.

As your athletes enter high school the physical demands of sports increase, as does the competitiveness. These structured summer activities give athletes every opportunity to jump start their conditioning and enhance skills to give each one of them the chance to improve in hopes of making a team in the fall.

In July we will be in full swing, with weight training, open gyms, summer league and a team camp all in preparation for the volleyball season. This year our Volleyball Skillz Clinic fundraiser will be back, as we had to take off last summer due to the move into the new school building.

The July conditioning schedule is Monday, Wednesday and Friday starting July 1st. No experience is required

and each athlete only works to their capability.

Monday:
5-6 PM Conditioning
6-8 PM Volleyball open gym/summer league practice

Wednesday:
9-10 AM Conditioning,
11-12 PM Volleyball

Friday:
9-10:30 AM Conditioning

This is our third year of summer league volleyball. Any girl trying out for high school volleyball in the fall can sign up for our summer league team which plays at The Courts in Beaverton on Tuesday nights. The girls will play 2 games a night against teams from all over the Portland area, including division 1A to 6A schools. This year we had twenty-two girls sign up! Winning is always a bonus but summer league isn't necessarily about the winning, it is about "the playing." We want the girls to get as many touches on the ball as possible and gain experiencing working together to achieve a goal.

This year will also mark our third trip to the University of Oregon team camp, which is an awesome experience. This year we will take our group down to Eugene from July 12th – 14th. From the time we arrive until the time we leave the girls are learning and

playing volleyball. The girls get coaching from the U of O coaching staff and the Ducks volleyball players. During the daytime sessions the girls work on every aspect of the game through various drills; they also get to experience what a college level practice is like, and I have to say, they are fast! Friday and Saturday nights we scrimmage and then Sunday we are placed into a bracket and play a series of tournament style matches. There are three levels of play: gold, silver and bronze. The first year we placed 3rd in the bronze bracket, and last year we placed 3rd in the silver bracket; there were a total of 23 teams in attendance last year.

We will also be holding a Volleyball Skillz Clinic on August 12-14 from 9:00 AM – 12:00 PM. The clinic will be offered to all incoming 6th through 9th graders wanting to play volleyball. The camp fee is \$40.00 per player and all players get a camp T-shirt. All players will learn the basics of passing, serving, setting, attacking and blocking. The clinic is designed to prepare players for their upcoming season and hopefully help them catch the volleyball bug! Selected varsity level players will assist in teaching the younger players the game. Look for registration forms around town at local businesses in the next few weeks.

Too many times I have seen kids try out for a sport when they have

done nothing to prepare themselves for it. High school varsity and junior varsity level sports are competitive and require a serious commitment from both the student athlete and their families. All these summer activities we offer are designed to give your student a chance to compete for a position on a team, help them reach their full potential, and perform to the best of their ability. We offer FREE personal training from a Certified Personal Trainer. Students will be expected to work and will be challenged. They will learn to work with others. They will learn a healthy lifestyle and develop habits that will benefit them for the rest of their lives. Participating in organized and structured summer sports activities will help keep them off the computer, phones and the couches and keep them from being bored and getting into mischief.

Teresa Williams is the head volleyball coach and assistant girls' basketball coach at Vernonia high School. She is a Certified Personal Trainer, NSCA (National Strength and Conditioning Association) and is working on her Bachelors of Exercise Science at Pacific University. She was named Northwest League Volleyball Coach of the Year in 2013 and has guided the Lady Loggers to the first round of the state playoffs two seasons in a row.



Summer Meal Program

"Follow the Pin Wheels to Free Summer Meals!"

Vernonia Community Church

State and A Street

Join Us for Lunch

11:30

1-18yr Eat Free
Adults \$2.00

**June 17th
— Aug. 16th**

An Opinion: These Teachers *continued from page 3*

asked for anything more in a faculty member and he will leave a huge hole in the staff at our school.

Brad Baker was a student favorite who almost always would get a mention during graduation speeches by students when they would recount their favorite memories of their school years in Vernonia, usually for his jokes and sense of humor. He was chosen as the Guest Speaker for the graduation ceremony by the Class of 2010. He was a young teacher who related well to his students both in and out of the classroom. He was the head football coach for several years, but his real love is baseball; he is leaving Vernonia to take a position as

the head baseball coach at Blue Mountain Community College where he played some collegiate ball. "This is an exciting opportunity and a dream come true for me," says Baker. "I will miss Vernonia very much. I enjoyed the staff and I will miss the students a great deal." Baker is currently in Alaska, working as the pitching coach for the Mat-Su Miners of the Alaska Baseball League.

Each one of these educators was special and shared their own unique talents with their students and with the rest of the community. They will be missed, they will not be easy to replace, and they will certainly not be forgotten. We wish all three of them good luck.

Brookins Leaving Vernonia

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teach, learned to coach, learned to administrate and it is always going to be the place that I mastered my craft."

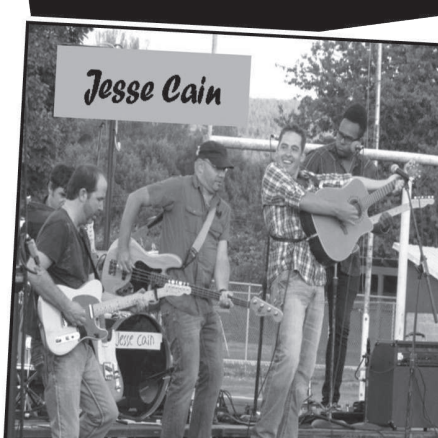
Brookins and his wife Rebecca have been married for thirty-one years and have five children. They will soon welcome their sixth grandchild. His oldest son is an electrical engineer with PGE in Portland. His older daughter is a special education teacher with the Salem School District. His second son is a Ph.D. candidate in Finance and a graduate assistant at the Massachusetts Institute of Technology. His younger son is working on his Bachelor's degree. His younger daughter recently obtained her DPT from Washington University in St. Louis and is starting work as a physical therapist in Hillsboro.

"I am very proud of the achievements our students in Vernonia have made," said Brookins about teaching in Vernonia. "We have a graduate of Yale Law who is working at the United Nations. We have Miss Rodeo America. We've trained lots of kids who have gone into engineering and the health sciences. The last couple of years, being involved in the robotics program here,

has been one of the most exciting things that has happened in my twenty years in Vernonia—we're moving forward into the twenty-first century. I hope the community will find a way to fund and support our kids' participation in the FIRST Robotics program."

"Contrary to popular belief, education professionals don't make a lot of money, although we have good jobs and are lucky to be working," said Brookins, in conclusion. "What we get are memories—that is our paycheck at some level. What we get is the chance to watch these kids, who really are our future, go out and achieve their dreams. What I would like Vernonia kids to realize is that you can do anything you want. You have a history of these kids who go on and do these amazing things. I've been lucky enough to coach state champions and state placers. We have a strong history of student leadership activities and fundraising. I've been lucky enough to work with the National Honor Society and have seen a large number of kids recognized for their character, for their service and their leadership. I am blessed to have worked here."

Great American Bash Concert July 4th



July 4th Parade: 6 pm

Concert

Ticket Booth

Gate Opens: 5:00 pm

Concert: 7:30 pm

Fireworks at Dusk

@ Vernonia Sport Fields

Food Vendors available

Contact: DeAnna Pearl

(503) 369-7370

Or

vernonia4thofjuly@googlegroups.com

Family Friendly Event

Tickets: \$5 Individual

\$10 Per family

ALL monies collected go to Vernonia Prevention Coalition programming. *Thanks for Your Support!*

Sponsors for 2013 Great American Bash: Vernonia Prevention Coalition, Vernonia Rural Fire Department