

Dear Fall Student Athletes and Parents,

Below you will find important information on Summer workouts and Fall Preseason 2017.

**This summer, all athletes have team-specific summer workouts and it is important that every athlete commit to these workouts.** Both Coach Dalakis and I spoke about the importance of conditioning as part of that commitment. Team workouts and instructional demonstrations can be found on the [Preseason Workout](#) page. The team workouts are a general strength program for each sport recognizing that there are varied levels of experience within each team group. Girls who are more advanced may reach out to Coach Dalakis at [cdalakis@madeira.org](mailto:cdalakis@madeira.org) for increased workouts and information. (Attached is a flyer for local Madeira families who would like to join Breakaway this summer.)

Girls who do not make the varsity team during try-outs may join the other girls in trying out for a JV team beginning the first day of school.

### **DRAFT OF PRESEASON SCHEDULE (Subject to change)**

**Optional workouts:** August 21-25 4:00-6:00 pm

#### **SUNDAY, August 27<sup>th</sup>**

**12:45 pm:** All Athletes will meet at the Hurd

**12:45-5:00 pm:** Introductions, team activities and tryouts

**6:00-7:00 pm:** Athletes Opening Dinner

#### **MONDAY, August 28<sup>th</sup>**

**8:30-11:00 am:** Tryouts

**11:00-12:15 pm:** Break and Lunch

**12:30-6:00 pm:** Team activities and tryouts

#### **TUESDAY, August 29<sup>th</sup>**

**8:30-11:00 am:** Tryouts

**11:00-11:30 am:** Lunch in the Hurd (sandwiches from Sodexo)

**11:30-2:30 pm:** Strive Leadership Workshop for all Coaches and Athletes

**3:00-5:30 pm:** Tryouts

#### **WEDNESDAY, August 30<sup>st</sup>**

**8:30-11:00 am:** Tryouts

**11:00-12:15 pm:** Break and Lunch

**12:30-5:30 pm:** Team activities and Tryouts

Make sure you fill out your DOS Travel Forms correctly and adhere to the school schedules found at [www.madeira.org/orientation](http://www.madeira.org/orientation). Preseason is an intense couple days and you should come in with renewed energy and ready to go. Girls, if for some reason you have changed your mind about trying out for a varsity team this fall, please let us know and make sure the DOS Office

knows your change in travel plans. Otherwise we look forward to seeing you back on campus for the start of Preseason!

If you have any questions, please don't hesitate to reach out. I challenge you all to continue the positive momentum from this year into your summer workouts and into fall!

Go Snails!

Ms. Katie LaRue  
Director of Athletics