



March 18, 2020

Dear La Jolla Volleyball families,

As a follow up to my email on March 12<sup>th</sup>, I wanted to reach out to everyone again with another update. We are continually monitoring COVID-19 and its impact on our club and community. Per the recommendations from USA Volleyball, SCVA, CDC, and local health authorities, we have cancelled all practices and events through March 31st.

These past few weeks have been difficult for everyone, as there has been so much uncertainty and rapidly changing information. As you know, I was in Europe with my family for a week and returned home on Sunday. We saw first-hand how quickly things can change and how important it is to take social distancing very seriously. Please practice social distancing and limit your non-essential activities.

We do not know how long this will last, but I am confident that by working together we can slow the spread of COVID-19 so that it does not overwhelm our medical facilities.

As you know, kids have a lot of energy and our goal is to help our players and teams stay active and healthy, while also continuing to improve in the sport of volleyball.

As coaches and longtime athletes, we at LJV understand the importance of activity with a purpose. It's important to know how to use this break as an opportunity to get ahead of our competition so that we are not out of shape when we return to volleyball. Our high school players will have school team tryouts in early August and you'll want to be at your best. That means long-term preparation to get ready.

Here is our general plan at this time:

- Practices, tournaments and team gatherings are canceled through March 31<sup>st</sup>. We will communicate with our teams and families as information changes.
- Individual workouts and volleyball skills: we strongly encourage workouts and playing volleyball! LJV fitness expert coaches Nicole Wallace and Clare Farley are developing workouts you can do on your own at home.
- We will send a separate email to our older players about what you/we can do about recruiting during this down time (yes, you can still email college coaches!)

#### MORE INFORMATION

- SCVA Site: <http://www.scvavolleyball.org>
- USA Volleyball: <https://www.teamusa.org/USA-Volleyball/Features/USA-Volleyball-Response-on-Coronavirus>
- CDC : <https://www.cdc.gov/coronavirus/2019-ncov/>
- World Health Organization: <https://www.who.int/>

We miss seeing all of you and we wish everyone good health!

#### **Any Questions?**

Contact Barb Birnbaum [barb@lvolleyball.com](mailto:barb@lvolleyball.com), or Bill Attinger at [lvcoach@gmail.com](mailto:lvcoach@gmail.com)