



March 26, 2020

Dear La Jolla Volleyball families,

As a follow up to my previous email on March 18<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. Our top priority is everyone's safety and health.

- All LJV practices and activities are canceled through April 15<sup>th</sup>
- SCVA (travel teams) tournaments have been postponed through April 26<sup>th</sup>. SCVA says they are rescheduling tournaments for May and June, TBA. Also, SCVA's Red Rock Rave dates (JNQs in Las Vegas) have been moved yet again; we are assessing our LJV teams' participation.
- Volley-Fest (local teams) tournaments are currently postponed, hoping to reschedule.
- Starlings: no practices or tournaments through May 3<sup>rd</sup> in San Diego, per Starlings, USA.

These past few weeks have been difficult for everyone, as there has been so much uncertainty and rapidly changing information. I anticipate more updates from SCVA, USA Volleyball, and Epic/Volley-Fest over the next week. We are updating each LJV team's schedule of practices and tournaments on the LJV calendar constantly. We are hoping we will be able to continue at least a portion of our season in May and/or June.

Here are our recommendations at this time:

- Individual fitness workouts and volleyball skills: we strongly encourage doing the new LJV workouts that are posted on our website and calendar, to stay in shape and improve your fitness (Strength, conditioning, speed, vertical jump, volleyball skills)
- Keep up on schoolwork and grades as much as possible
- Make the most of family time: appreciate and support each other
- Stay connected to the volleyball world: your teammates, coaches, LJV Instagram, VolleyOn, etc.
- Please avoid contact with others outside of your immediate household and follow medical advice to help prevent the spread of COVID-19 (so we can eventually return to vb!)

Stay tuned for more updates/activities from LJV!

#### MORE INFORMATION

- SCVA Site: <http://www.scvavolleyball.org>
- USA Volleyball: <https://www.teamusa.org/USA-Volleyball/Features/USA-Volleyball-Response-on-Coronavirus>
- Center for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/>
- World Health Organization: <https://www.who.int/>
- La Jolla Volleyball (LJV) website: [www.LaJollaVolleyball.com](http://www.LaJollaVolleyball.com)

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

#### **Any Questions?**

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