

Cokeville High School Volleyball

Coach Kristen Vierig
Coach Lauren Hoffman

July 30, 2025

Dear Cokeville Volleyball Player (and parents),

'Tis that time of the summer when we should start mentally preparing for our upcoming volleyball season. We are just a few weeks away from the start of two-a-days but I hope you are still having an amazing summer...soak up all the sun and memories you can with the time that is left!! Coach Hoffman and I are super excited to get into the gym with each of you. It was really exciting to see how much each of you had improved during our camp in June and we look forward to seeing even more improvement as the season goes on. Volleyball two-a-days will start on August 18th at 7:00 am. Before you can participate, you will need to have a signed physical by a doctor and your parents. If you fail to get your physical by the 18th, you will not be allowed to participate until you have received one.

The tentative schedule for volleyball two-a-days will be:

Monday August 18th : 7:00 – 9:30am and 5:00 – 7:00pm

Tuesday August 19th : 7:00 – 9:30am and 5:00 – 7:00pm

Wednesday August 20th : 7:00 – 9:30am (only one practice)

Thursday August 21st : 7:00 – 9:30am and 5:00 – 7:00pm

Friday August 22nd : 7:00 – 9:30am and 5:00 – 7:00pm

Saturday August 23rd : we will have one early am practice; time is TBD

This schedule is subject to change based on the schedule for teachers during the week but from what we have been given, these times should stick. There will be an early practice on Saturday, but the time will be determined later. Remember, this is a tentative schedule. If you need to schedule appointments or make other plans, please do so between 9:30am and 5:00pm or Wednesday after the am practice.

As many of you know, I always use a motivational book for every season. This season I will be utilizing *Inner Excellence* by Jim Murphy. It is a phenomenal book, and I would love to get any of you that are interested a copy. It truly has been the best one I have read over my last 4 years of coaching high school volleyball. I want each of you to know you are capable of far more than you can ever imagine; that you are only limited by your own doubts and fears. I am not just talking about volleyball, I am talking about every aspect of your life. It is mine and Coach Hoffman's goal to help you continue to become better people overall so that you are ready to take on life after high school. You are all amazing young women with so much potential.

The mindset of *Inner Excellence* is this: "I compete to raise the level of excellence in my life, to learn and grown, **in order to raise it in others.**" It is our hope that this season we can improve as players and as a team, to learn how to become our best selves so that we can influence others; so that we can be players that make everyone around us better!

See you soon!

Coach Vierig
307-313-0269

& Coach Hoffman
307-600-2012