

# Letter from Coach Sztapka

*Students and Families,*

*My name is Ms. Sztapka, and I am so grateful for the opportunity to be a part of this upcoming volleyball season! I wanted to take a second to introduce myself, and answer a few questions about this upcoming season.*

*I was born and raised in Coal City, but now live in Morris with my boyfriend, our two dogs Bear and Khaleesi, and our cat Simba. I have always loved sports, and throughout my own K-12 education played volleyball, basketball, and softball. In my free time, I love to read, go swimming, go for walks and bike rides, and travel!*

*I will use Remind to communicate and update throughout the season. Information on how to sign up will be at the end of the letter. As you can see from the schedule attached, we have a pretty busy schedule this season! We will have practices almost every day of the week that we do not have a game, most practices will be after school 3-4:30, however there will be a few morning practices throughout the season, 6:20-7:50am. We are going to learn a ton together, so athletes showing up mentally to practice every day is just as important as showing up physically. One of my favorite quotes is by Fred Divito, "If it doesn't challenge you, it won't change you." We will be working hard this season, but we will have fun and develop a passion for the game in the process!*

*I can't wait to meet you all! If you have any questions you can message me on remind, to sign up text the number 81010 with the message @lisbon2021. Have an amazing rest of your summer!*

*- Coach Sztapka*