



***WELCOME TO THE BOYS'  
MODIFIED VOLLEYBALL  
PRESEASON MEETING***

Watch a video  
OR flip through  
on your own!



# **HELLO!**

My name is Glenn Gesek. I've been a part of this sport for over 30 years. I played in high school (New Jersey), college (Bucknell), and beyond – including the Empire State Games. I have won and lost TONS of games in my career, but I have also been on a team that won the national championship in college and a gold medal in the Empire State Games.

I have been coaching volleyball for over 20 years at Baldwinsville in both the girls' and boys' programs! Since day 1 of the boys' program in the fall of 2007, I have been coaching the boys. I'm currently the Varsity boys' coach.

practice at Ray: 4–6 pm  
Students from Durgee  
can take a shuttle to  
Ray after school.

Home matches at Ray as  
well

# ***SCHEDULE AND TRYOUTS***

Tryouts start January 8!! Our  
schedule can be found on [Schedule  
Galaxy](#).

When wrestling has home meets, we will not practice

## ***WHAT DO YOU NEED FOR TRYOUTS?***

- × Athletic attire
- × Water bottle
- × Clearance in Family ID

Don't worry about any other gear at this point. We will go through the tryout process on Monday, Tuesday, and Wednesday (January 8, 9, and 10). We may have to add one more day depending on the numbers of players who tryout.

*Interested in ski club or drama? You will have to make choices.*

## ***WHAT ABOUT COVID??***

- × If you feel sick, **STAY HOME**

We still have students who are getting sick. Current school protocols for COVID will be followed. In the fall season, if a player tested positive, he was out for 5 days and then returned to practice with a mask for 5 days.

## ***WHAT ARE WE LOOKING FOR AT TRYOUTS?***

### Perseverance

- × Most players are brand new to volleyball and I totally understand that. Are you trying? Are you putting in your best effort?

### Coachability

- × Are you taking feedback and trying to implement it into your skills? Are you open to trying new things and ways of doing something?

# FAMILY ID

This is the most important first step!  
Sign up through [Family ID](#) as soon as possible! Don't wait. You cannot tryout until you are cleared through Family ID



Open from  
12/9/23 to 1/2/24

***PLEASE CHECK IN OFTEN TO BE SURE YOU  
ARE CLEARED. OFTEN, I SEE ATHLETES  
DENIED BECAUSE OF OUTDATED PHYSICALS,  
NEED FOR CLEARANCE FOR AN OLD INJURY,  
OR LATE SUBMISSION. PLEASE, PARENTS  
CHECK YOUR EMAIL FREQUENTLY! DEADLINE  
TO REGISTER IS JANUARY 2ND!***



## ***OTHER THOUGHTS.***

I am so excited to be a part of this team. It really is a special program we are building here and I am thrilled to still be a part of it.

We continue to grow this sport in our league. This year, a Section III team won its **SECOND** state title in a row! It is great to get new boys into this program. It truly is an exciting sport!!

# ***THANKS!***



Any questions?

You can contact me at [glenngesek@gmail.com](mailto:glenngesek@gmail.com) or  
[ggesek@esmschools.org](mailto:ggesek@esmschools.org)

315 430-1744