Rule #1: Always be safe and do not harm yourself or anyone around you.

Rule #1A: Know our preseason schedule which you all have on the website I sent you a few months ago.

Rule #2: Keep an open mind and enjoy the journey.

Rule #3: When you respond to the message sent by Hotel Charlie Sierra, you must respond exactly like this: "Hotel Charlie Sierra, this is "State your code name" I accept my mission and am awaiting further instructions." Remember that line, I'll be sure to text it to your team leaders and they will also explain to you how to establish your code name.

Rule #4: All tasks will be relayed cell phone to cell phone, by picture, voice, video, or text. Keep your team leader in the loop with your task. You are the sole leader of your task. Once your task has been delivered, you, your teammates and your team Captain cannot ask Hotel Charlie Sierra any questions. Figure it out.

Rule #5: When your task is complete, get it on Potsdam Volleyball's Twitter page somehow, make sure I get a copy of the original. Please bare in mind, a lot of people are going to see these Tweets. Again, some are simple, some are...well...think like Hotel Charlie Sierra.

Rule #6: Also remember, everything I am asking you to do has a purpose and you are playing an important role in that purpose. One Team One Family.