

IMPORTANT INFORMATION FOR 7TH GRADE GIRLS VOLLEYBALL 2019

- Practice begins on Monday, August 14, at 3:15 p.m. We will practice Monday through Thursday every week and some Fridays. Practice will end at 4:30 at which time you must have your ride at school or begin walking home. Please refer to the calendar for our schedule.
- All paperwork (district clearance & FMS contract) must be turned in to coaches before you can participate in the first practice. If paperwork is not turned in, please plan on watching practice so that you can still learn.
- Cost to participate is **\$70** which goes to the district for officials, transportation, and basic maintenance of Fruita Middle School sports. You may not receive your jersey or play in a game until this fee is paid.
- Players must participate in 7 practices before they can play in any games.
- If you miss a practice, you must provide a written excuse (ex. Doctor's appointment) prior to the missed practice.
- Players must participate in the practice prior to the game in order to play.
- Practice begins at 3:15 pm. Be prepared to begin practice on time. If you are late, you will run. Detention is not a valid excuse for being tardy and you must bring a note from the teacher who gave you detention. Three practice tardies will result in a 1 game suspension.
- There is no food or drink allowed in any gym in the district, however, you can bring a water bottle filled with water only. All trash must be picked up before you leave the gym.
- As per district policy, any player not in school for at least ½ of the school day will not be eligible to play in a game or practice that evening.
- Players must abide by the school's code of conduct (dress code, no vulgar language, etc.) which is located in the FMS planner/handbook. Any violation can result in suspension of play.
- Transportation will be provided to each game. There will not be any return busses so each player will need to find a ride home. **Each player must have a parent sign her out with one of the coaches before she leaves. Failure to do this will result in a 1 game suspension.** You may ride home with another adult as long as we have a note from your parent giving permission and that adult must sign you out.
- If you do not have PE class this quarter you may bring a lock from home and use the locker room. You must give Coach Thompson your combination information.
- The dress code is in effect at practice and at games: shorts must be middle finger length and t-shirts must have sleeves. We require that a shirt be worn under the jerseys as they are sleeveless with large arm holes. Please wear tennis shoes to practice and for games. Knee pads are suggested but not required. Volleyball shoes are not required either.

- Jewelry **cannot** be worn during practice or games. If you plan on getting a piercing please wait until the season has finished. **New piercings will be required to be removed.**
- Each player is given a jersey to use for the season and is to be returned to the coach when the season has ended. Failure to return the jersey will result in a \$50 fine to replace the jersey, as per district policy. Please wear black shorts for each game.
- Each game is rally scoring with all teams playing to 25 points. The winning team must win by 2 points and the team that wins 2 out of 3 games wins the match.
- There will be a tournament at the end of the season. The tournament is a single elimination tournament meaning when your team loses your season is finished. The final games will be played on Saturday at Bookcliff Middle School. There is no entrance fee to attend the regular season games but there will be a charge of \$3 for all adults attending the tournament games.
- Remember: you represent FMS and therefore have a huge responsibility to conduct yourselves in a proper manner at all times. We are all part of ONE team and we have high expectations of sportsmanship from both players and spectators.
- At away games, we will all sit together as a team and respectfully cheer for our teammates. We do not leave the bleachers without a coach accompanying you.
- Teams will be chosen based on:
 - ✓ Attitude and sportsmanship
 - ✓ Skills (passing, setting, and serving)
 - ✓ How well you work with your teammates
- Cougar **P.R.I.D.E.** is an integral part of FMS 7th grade volleyball:

Positive – Respect – Integrity – Disciplined - Effort

- Middle School volleyball is a great sport for both beginners and those that have played. Our philosophy is to make sure all players have a fun experience while improving volleyball skills and working together as a team.
- We will send out emails during the season to keep parent & athletes updated on changes to the practice/game calendar schedule.

If you have any questions feel free to contact one of the coaches:

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***KEEP THIS PAPER AT HOME**