

7th and 8th Grade Volleyball- 2020

<p>7th Grade Head Coach: Erin Furbee Remind App: Text “@7ims” 81010 or https://www.remind.com/join/7ims</p> <p>Phone: (515) 961-9530 ext 3123 Email: erin.furbee@indianola.k12.ia.us</p> <p>7th Grade Assistant Coaches: Heidi Christy Phone: (515) 961-9530 ext 3125 Email: heidi.christy@indianola.k12.ia.us</p> <p>Josh Breithbarth Email: josh.breithbarth@my.simpson.edu</p>	<p>8th Grade Head Coach: Courtney Bethards Remind App: @46a8hd</p> <p>Phone: (515) 961-9530 ext 3152 Email: courtney.bethards@indianola.k12.ia.us</p> <p>8th Grade Assistant Coaches: Kevin Huss Phone: (515)249-0768 Kevin.Huss@indianola.k12.ia.us</p> <p>Kris Birkland Email: kris.birkland@indianola.k12.ia.us Phone: (515) 961-9530- 3140</p>
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Before athletes can participate they must have....

- Athletic Physical
- Concussion Form
- Med Form
- Good Conduct Policy signed

Athletes will NOT be allowed to practice or participate in games until all of these documents have been signed and turned in to the office.

Expectations

- Practices:
 - Practices are not optional. Athletes are expected to be in the gym ready to practice at 3:30 everyday.
 - Practices will be from 3:30-5:00
 - There will be a study table each day
 - Fridays we will be done at 5:00

- **Absences:**

- Excused Absences:
 - If a student is absent and excused from school, they will be excused from practice (example: student is ill)
 - Please contact coach to inform ahead of time if you know you will miss practice. Coach will determine if it is excused or unexcused.
 - Unexcused Absences:
 - 3 unexcused absences and you will be removed from the team.
 - Unexcused absences may result in reduced playing time opportunities.
 - Games:
 - Little Hawkeye Conference Website: www.littlehawkeyeconference.com
 - Click on Indianola
 - View Schedule > Volleyball: Girls 7th Grade > View
 - View Schedule> Volleyball: Girls 8th Grade > View
 - You can download these schedules, or set them up to alert or text you about upcoming matches.
 - You will get a paper copy, but it is best to use the online version

Team Policies and Philosophies

- Sportsmanship by players, coaches, and parents will be of utmost importance.
- Conditioning/attendance/skill development
 - We want girls to work hard and try their best in every situation. In order to do this, it is important to be at each practice to better those skills. Some skills may be very difficult for girls, while others may be review. We want to challenge everyone, while still having fun.
- Team fluidity/playing time
 - Teams will be divided into 4 teams: A, B, C, D. Coaches will work to determine where students should be placed on a team.
 - A/B teams will play to win. Play time may not be equal, but we will make every effort to get everyone opportunities to play. C/D will rotate as many girls at possible, but please understand that substitutions are limited in volleyball, and play time may not be equal.

Eligibility Policy

- Meets requirements of Academic / Good Conduct Policy

Transportation

- Please be prompt when picking up your child from practice/ games. Practice will end at 5:00 daily, so make sure you have your child picked or a different ride lined up.
- We will try to send out an update through the REMIND app as to our estimated arrival from away games.
- Bus policy/parent signature at events
 - Only parents can sign out their OWN child on away matches

Injuries

- Injuries can happen from time to time. We do have access to an athletic trainer once/ week for athletes to get examined should they need.
- We encourage your athlete to talk to us themselves before we hear it from the parent!

School Equipment

- Athletes will be issued a school uniform (jersey). We also have black spandex shorts they can use. Most girls prefer to wear their own black shorts, which is fine as well. Knee pads are optional, although highly recommended.
- Athletes should take care of their uniform. Lost or damaged uniforms will be fined accordingly.

Buildings/Grounds

- Take pride in our facilities- we have some of the best in the state.
- Athletes will be required to pick up after themselves after practice and matches, and anything left out may result in team consequences.

Concerns / Issues

- Should there be issues or concerns, utilize this chain of command:
 - Student contact coach(s)
 - Parent contact coach(s)
 - Athletic Director
- Ways to contact coach
 - Remind App/ Text, Email, or school phone (contact information listed on first page)

Remember: communication is the key to a successful program!

We look forward to having a great year!