

Jr. High Tiger Volleyball 2018



Practice

Practice Times 3:45-5:15 (High School Gym)

Practice Clothing Appropriate shorts and t-shirt (shirts with sleeves helps absorb sweat). No cut-out t-shirts.

Tennis shoes

Socks

Knee pads (optional--purchased on your own)

NO JEWELRY

Activity Calendar, Game Day, Parent Form

Calendar: See page 4. Keep it handy. If there are any changes to this calendar, you (the player) will need to make changes on **YOUR** calendar when you get home. Changes will also be made on the school's web page.

Game Day Attire Black shorts
Socks
Tennis shoes/court shoes
Your game jersey is provided
No jewelry of any type can be worn (NSAA Rules).

Attendance Please provide your coach with a note if you missed a practice and a note if you plan to miss a **future** practice. **Unexcused absences are not acceptable. Additional unexcused absences will result in being removed from the team. Two excused absences are accepted. Future excused absences will affect playing time.**

We ask that when both A, B, C teams are playing their competitive matches at the same site on the same day, that each grade level support play while others are playing. In other words, please stay seated and watch others. Additionally, when A, B or C teams are warming up, please help shag and return balls to support your team and make warm up run quickly and smoothly.

We also ask that all cell phones/ electronic devices are put away until all volleyball matches are over. This allows the girls to watch the game and also keep the electronics safe.

Travel: It is because of liability reasons that we ask all players and parents and/or guardians to follow the travel procedures outlined in the steps below:

- Players **MUST RIDE TO THE GAMES** on the school bus/van.
- If, however, a parent wants to take **THEIR** child home with them after the game, please provide a written note to the coach after the game. Parents should go to the child's coach and present the note and sign the appropriate form.
- No child is permitted to go home with another child's parent UNLESS WE HAVE WRITTEN PERMISSION FROM SAID PARENT. This written request must be given to the child's coach NO LATER THAN THE MORNING OF game day.

Safety: Keeping the girls safe is important to us. We encourage players to have their eyes forward when balls are in motion. If a coach is not in the gym, players are to wait in the hall, outside, the gym until a coach is present.

Chain of Command

1. Student to coach
2. Parent and Student to Coach
3. Parent, Student, Coach to Administration
4. If you should have concerns/issues about your child's playing time etc., please call the coach first or ask for a conference between the coach, player, and parent before proceeding to the administration.

OUR FOCUS

The 7th and 8th grade volleyball program is one whose main focus is not winning. It is a program, however, whose main focus **IS to develop sportsmanship, strong fundamentals, teamwork, discipline, hard play, improvement, fun, and finally winning.** Rather than track our win-loss record, we gauge our success by monitoring the improvement made by each of our players throughout the season. Each of our players are winners when they arrive each day with desire, enthusiasm, hustle, school pride, confidence, determination, positive reinforcement from teammates, and leadership.

If you should have questions about your child's abilities, playing time, etc., please contact your respective coach.

Coach Treat and Coach Streff

PARENT FORM

Please read, sign, and return to your respective coach by Monday, August 20, 2018.

Practice Procedure

- Notify coaches (ahead of time if possible) if missing practice. Parent note, text message, or call is preferred.
- Practice clothing IS NOT what you wear to school. Pack accordingly for practice.
- Any body piercing objects must be removed.

Student Name _____

Parent Signature _____

Date ____/____/2018

Please get registered for REMIND:

REMIND offers teachers and coaches a free, safe and simple way to instantly text students and parents. We will be able to send reminders about practices or games directly to students' and parents' phones. Messaging is safe because phone numbers are kept private. Teachers and coaches save time because they can send quick, one-way announcements with a student or parent. For students and parents, REMIND provides an easier way to stay informed about Junior High Volleyball.

Download the free app: REMIND

Enter this number in your text 81010
Text this message: @jh2018v

OR go to your REMIND app and click Join a Class enter the class code: @jh2018v

If you have any other questions, please let us know. Thank you for your support throughout the season.

Coach Treat
dtreat@nbtigers.org
652-3268

Coach Streff
bstreff@nbtigers.org
652-8122

North Bend Central Junior High Volleyball

JHVB Practice and Game Schedule

Home games are played in the 'old' high school gym

Mon.	Tue	Wed	Thu	Fri
8/13	8/14	8/15	8/16	8/17
Remember: Physicals, consent form, insurance due in the office before you can practice.			3:45 Volleyball Meeting - Mrs. Treat's room	3:30 Getting acquainted with Lockers & Locker Room Procedures
8/20	8/21	8/22	8/23	8/24
Physicals, consent form, insurance Remember to sign up for REMIND! First Day of Practice! :) 3:30 Practice	3:30 Practice	3:30 Practice	3:30 Practice	3:30 Practice
8/27	8/28	8/29	8/30	8/31
3:30 Practice	3:30 Practice	3:30 Practice	3:30 Practice	3:30 Practice
9/3	9/4	9/5	9/6	9/7
Labor Day No Practice	GAME - @ West Point 4:30 7 th grade 8 th grade - after	3:30 Practice	3:30 Practice	3:30 Practice
9/10	9/11	9/12	9/13	9/14
3:30 Practice	GAME - HOME vs. Fremont Bergan 4:30 7 th grade 8 th grade - after	3:30 Practice	3:30 Practice	3:30 Practice
9/17	9/18	9/19	9/20	9/21
GAME - @ Howells 5:00 7 th grade 8 th grade - after	GAME - HOME vs. David City 4:30 7 th grade 8 th grade - after	3:30 Practice	3:30 Practice	3:30 Practice
9/24	9/25	9/26	9/27	9/28
7 th - HOME vs. Schuyler 4:30 pm 8 th - GAME @ Schuyler 4:30 pm	3:30 Practice	3:30 Practice	3:30 Practice	3:30 Practice
10/1	10/2	10/3	10/4	10/5
3:30 Practice	3:30 Practice	3:30 Practice	GAME - @ Raymond Central 5:00 7 th grade 8 th grade - after	3:30 Practice
10/8	10/9	10/10	10/11	10/12
GAME - HOME vs. Logan View 4:00 7 th grade 8 th grade - after				Uniforms due back to Mrs. Treat

