

# HOOD CANAL SCHOOL DISTRICT NO. 404

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*On a mission to improve learning and achievement for all*

TO: Families of Students in Grades 6-8

RE: Volleyball 2015

This letter is to serve as a summary of the eligibility requirements and expectations for participating in the volleyball program.

## **Players**

Volleyball is open to students in grades 6-8. All eligible students in grade 8 will play varsity. With the exception of some advanced players, students in grades 6 and 7 will play junior varsity.

## **Physicals/Sports Activity Permission Form/Concussion and Head Injury Acknowledgment**

All players must pass a sports physical before playing in a league-sponsored game. Physicals are valid for two years. In addition, a Sports/Activity Permission Form and Concussion and Head Injury Acknowledgment Form are also required. These forms are included with this letter.

## **Practice**

Practice will begin **Wednesday, September 16<sup>th</sup>** and are scheduled Monday-Thursday from 3:15-4:45 p.m. An after-school activity bus will be available. 10 practices are required in order to participate in league-sponsored games. Permission must be signed and returned in order to participate. Practices are closed which means that only coaches and players are allowed at practice. Parents and family members are welcome for games. A schedule of games will be provided during practice.

## **Attendance**

Attendance is important and will be taken at each practice. Absences must be excused. Unexcused absences may cause a player to be ineligible to participate in games during the week. Three unexcused absences will result in ineligibility for the remainder of the season. To excuse an absence, players must have a signed note from a parent/guardian. Students absent from school will not be able to participate that day.

## **Playing Time**

All players that participate in practice will play in the games.

## **Uniforms**

A uniform will be issued to all eligible players. Long hair should be tied back. No jewelry of any kind is allowed during practice or games. Good, supportive tennis shoes are required. You can purchase these at any sporting goods store.

## **Academic Eligibility and Expectations**

Players must have a 2.0 GPA and no failing grades in order to play on the team. Grade checks will occur every two weeks. A good attitude and work ethic are important to the success of students in middle school sports. We expect all players to be positive and supportive of each other and the coaching staff. In addition, we expect good sportsmanship and Orca P.R.I.D.E. (Positive Attitude, Respect, Integrity, Determination, and Excellence) from all students at all times.

If you have any questions, please do not hesitate to contact me. I am looking forward to a great year.

Sincerely,

Coach Rita Rohde