



# High School Volleyball Information

Welcome to the 2025 High School Volleyball season! We are excited for our first ever season of fun, growth and competition. Below you can find key information about the upcoming season. **First practice is 8/26 from 4:00-6:00pm at Willows Prep**

## Preseason requirements

- Must have a physical within the last two years of the end of the season to be able to participate. All documents are found [here](#) under the health and wellness tab.
  - Medical History Form (stays with doctor)
  - Physical Examination Form (stays with doctor)
  - Medical Eligibility Form (Sent to [mowen@willowsprep.com](mailto:mowen@willowsprep.com))
- Must have 7 practices before competition
- Must be enrolled and eligible before September 29<sup>th</sup>
- For all other eligibility rules please review the WIAA Handbook

## Practice schedule

- The general practice schedule will be Tuesday-Friday from 3:30-5:00 at Willows Prep. Any days that there is a middle school game during that time practice will take place from 5:00-7:30 after the game. We ask that athletes please stay to cheer on the middle school team or help run the games.

## Lettering Requirements



- Since we are only running a JV program this year, athletes will not be able to letter in volleyball. However, participating and having good attendance this year will help towards lettering in future years.

## **High School Athletics Philosophy and Attendance**

- Our number one goal as a program is for athletes to have fun, learn how to play a sport and develop the basic skills of the game.
- Our committed coaches are ready to set a standard of hard work to create a positive environment for athletes' growth on and off of the court.
- All athletes should make every effort to attend all practices and games; they are not viewed as optional. While there can be occasional conflicts, we ask that this team is a priority. If there is a conflict, we ask that you please notify the coach as soon as possible to help plan for games and practices.

## **Fall Sports Parent Meeting**

- We will be having a virtual meeting on August 18<sup>th</sup> at 7pm. At this meeting families will receive general information about the season and have the opportunity to ask questions.
  - If you are a High School Family, please stick around until the end for WIAA specific questions.

## **Teams**

- This season we are expecting to have one JV team this year that will compete against other JV or C-team programs in the area.
- As of right now, WIAA does not support Men's volleyball. Though any male athletes may join the team as a manager or practice only they will not be allowed to compete.



## Coach Communication Expectations

- Coaches will communicate every Monday on any updates to the schedule and updates on the team performance and growth.
- The entire practice and game schedule for the season will be posted on the canvas tab under your athlete's team page. Any games can be found on arbiter [here](#).

## Transportation Logistics

- Practices and home games will take place in the Willows Prep main gym. When dismissed from class, athletes should put their bags in their lockers, get changed and head to the gym to warm up.
- For away games athletes are expected to change at Willows Prep then head to the front office to wait for the coach to get the bus ready. Once the coach is ready athletes will join their team as they travel on the bus to their game.
  - **Post-Game Pick up** will happen 10 minutes after the end of a game where the game takes place. After 10 minutes, the coach will take the remaining athletes back to Willows Prep to get picked up there. To pick up someone at another school please check in with the coach so they know the athlete has been picked and if possible, let the coach know ahead of time via email.

## Uniforms and Gear

- All athletes will be provided with a home and away jersey top, along with shorts. These uniforms must be worn during games, if your athlete would like to wear long



leggings or a long sleeve shirt under the uniform that is okay, for home games the color must be white, for away games it must be forest green. For more information on uniform regulations please see the NFHS uniform regulations website.

- Any uniforms not returned at the end of the season will be charged to the family account as a replacement fee.
- Athletes **must** also have tennis shoes, or any shoes appropriate for volleyball. While not required it is also highly recommended for each player to purchase knee pads.
- It is highly recommended that your athlete avoid wearing earrings or bracelets during a game. Though not all referees, many will not allow athletes to participate if they have bracelets or earrings on during a match for safety reasons.
  - **If the jewelry cannot come off for medical or religious reasons, please purchase white medical/athletic tape to secure the jewelry.**
- Optional team gear will be available for an extra cost the first week of the season. Late orders cannot be placed so be sure to get the orders in before September 5<sup>th</sup>.

## Inclement Weather and Forms

- For High School athletics, it is required that all athletes have a valid physical form turned into the athletics director (mowen@willowsprep.com)
- Though Volleyball usually will not have inclement weather, you will get an email from the athletics department or your athletes coach when it has been decided that a practice or a game has been canceled. We try to do it as early as possible to give as much notice as possible.

## League Rules and Referees

- Each match will consist of three sets played to 25 points. Each home match requires 3 parent volunteers to assist with the scoreboard and lines. We will have a sign-up form for parents sent out by your coach.



**Willows  
Preparatory  
School**

**Matthew Owen**  
Athletics Director  
Mowen@willowsprep.com

- Please be respectful to referees. They are humans doing their best. If you have an issue with a referee, please let me know and I will investigate it further.