



# **Middle School Volleyball Information**

Welcome to the 2025 Middle School Volleyball season! We are excited for another season of fun, growth and competition. Below you can find key information about the upcoming season. **First practice is 9/2.**

## **Practice schedule**

- Middle School Practices will be on Tuesdays and Fridays from 3:30-5:00. If there are any additional gym practice opportunities throughout the season, the coach will update families as quickly as possible.

## **Middle 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.



## **Teams**

- This season we are expecting to have three teams: Green, White and Gold. Green will be our older and more competitive team. White is the next oldest/competitive team. Gold is a more developmental team for new volleyball athletes. The first two practices of the season will have all teams together to help determine what team is best for each athlete. From there the coaches will place each athlete on the team that will help them grow as an athlete on and off the court. On September 3<sup>rd</sup> you will be notified by your athletes' coach what team they have been placed on.
- As of right now, the league we are in can only support female teams, although here at WPS male athletes are welcome to join the teams, we are unable to ensure they will be able to participate in competitions. We will allow male athletes to participate in any games that other schools are willing to play co-ed, but this cannot be guaranteed in advance of the season.

## **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 game jersey uniform top. All players need to wear their own black shorts or black spandex/leggings to be worn for matches. 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.
- Any uniforms not returned at the end of the season will be charged to the family account as a replacement fee.
- 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 middle school athletics we do not have any required forms, however, we do recommend that each athlete has a bi-annual yearly physical examination. This will allow coaches and athletes to be best informed on how to keep each athlete safe.
- 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.
- 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.