



SAS VOLLEYBALL

We held our first volleyball team meeting the other night and would like to thank those players and parents who could attend.

The following is information regarding the Volleyball program for our school children.

We will be fielding both a JV (4th-6th grade) (8 players) & Varsity (6th-8th grade) (10 players).

If you know someone who is interested in playing, it's not too late to sign up. Please have them contact Coach Bob.

Practice will start in July 2010. The schedule is posted below and will also be posted on the website.

If you are on vacation, don't worry about missing a summer practice.

I will bring plenty of volleyballs for the girls to use, so they can leave their volleyballs home.

The dates are as follow:

Monday's: July 5, 12 & 26
August 2, 9, 16, 23 & 30

JV will practice from 6:30 to 7:30pm.

Varsity will practice from 7:30 to 8:45pm.

All dates are subject to change. I will give one week notice of all changes.

Rules:

1. Players: under no circumstance are you allowed to wear any jewelry, especially earrings.
2. No gum chewing.
3. No cell phones.
4. These rules apply to both practice and games.
5. This will be your first warning.
6. Always bring plenty of water and wear your knee pads for practice.
7. No spaghetti strap tops.
8. Wear t-shirts, gym shorts and sneakers.
9. Parents: always walk your child in & out of the gym, whether it's for practice or games.
10. Never criticize a referee, coach or player.
11. Do not coach your child during practice or games.

Any questions don't hesitate to contact me.

Thanks,

Coach Bob