



Welcome to 7th Grade Volleyball!



Practice times for the first week: August 21-25, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Whole group 4:30-5:30	Last name A-K 4:00-5:00 Last name L-Z 5:00-6:00	Last name A-K 4:00-5:00 Last name L-Z 5:00-6:00	Last name A-K 3:30-4:30 Last name L-Z 4:30-5:30	Whole Group 3:30-5:00

7th grade Parent VB Meeting: Monday, August 21, 5:30 pm in the North Gym

Coaching Staff:

- A team – Alyssa Steiner: 323-4650 or alyssa_steiner@bismarckschools.org
- B team - Curt Haux: 323-4650 or curt_haux@bismarckschools.org
- C team – Christy Karch: 323-4310 or christy_karch@bismarckschools.org and Kendall Bergrud: 323-4650 or kendall_bergrud@bismarckschools.org

Coaching Philosophy:

Our focus this year will be on teaching basic skills, playing the game correctly, working hard, teamwork, having fun, and exhibiting good sportsmanship.

Team placement will be determined by:

- form and accuracy in passing, setting, and serving
- effectiveness and form of serving
- understanding of court play
- movement on the court, quickness, and overall athleticism
- attitude, effort, and dependability

Girls who sign up to play volleyball need to be committed to their team:

- You are expected to be at all practices and matches.
- Excused absences include illness, appointments, and family commitments.
 - You must bring a note or email from your parents explaining the reason for your absence in order for it to be excused.
- Any unexcused absence from practice will result in sitting out the next match.
 - Habitual missed practices may result in dismissal from the team.
- You must be in school the day of a match to play, or Friday for a Saturday match.

Eligibility and Dress Code:

- You must attend nine practices before you can play in a match.
- Eligibility follows middle school policy.
- Volleyball is a school activity; therefore, the school dress code applies.
 - no spaghetti straps
 - shorts must be an appropriate length as designated by school dress code
 - appropriate spandex is allowed

Physical, consent forms, and fees:

- Players must have a current physical to participate in practice.
- Players and parents must sign Bismarck Public Schools Code of Conduct.
 - This also indicates that you have seen the “It could happen to you” video.
- Parents complete consent to treat/insurance information.
- Activity fee of \$40 must be paid in My Payments Plus before the first match.

