

Volleyball 2016

July 2016

Dear Parents and Athletes,

We are looking forward to another exciting year! Below you will find some important information concerning the upcoming volleyball season. Please take a moment and read through the information below.

Volleyball

1. **All participants (except home school players) must be registered at FBS in order to practice.** If you need a re-enrollment form, please contact the school office.
2. **Culottes must be worn in order to participate in volleyball.** They may be purchased from the school. Please check with the school office to place your order.
3. **During games** all female athletes must also wear black compression shorts under their culottes. They **must** be purchased from the school office for \$15. Email Mrs. Foster at nancy.foster@fbcrosemount.org if you would like to purchase these.
4. **Junior Varsity and Varsity Practice** (9th-12th) officially begins on Monday, August 15, 2016 at FBS.
 - a. Practices will be from 2:00-5:30 p.m. Monday through Friday, August 15-19. Practice will also be from August 22-25 at the same times.
 - b. There will be no practice on Friday, August 26 due to the varsity Volleyball Jamboree.
 - c. All junior varsity and varsity players are expected to be at the Jamboree all day on Friday, August 26 to participate and to help host the event. **STUDENTS ARE TO BE IN SCHOOL UNIFORM.**
 - d. Once school starts on August 29, practice will be held on weekdays from 3:00 to 5:30 p.m. except for game days, Wednesdays, and any other days that come in conflict with the school and/or church calendar.
5. **Junior High Practice** (6th-8th) will begin on Monday, August 22.
 - a. Practices during that week, August 22-25, will be from 12:30-2:00 p.m.
 - b. Once school starts on August 29, practice will be held on weekdays, after school, from 2:45-4:00 p.m. except for game days, Wednesdays, and any other days that come in conflict with the school and/or church calendar.
 - c. There will be no practice on Friday, August 26 due to the Volleyball Jamboree.
 - d. Junior High players are also expected to be at the Jamboree on Friday, August 26 to help host the event while the varsity team plays. **STUDENTS ARE TO BE IN SCHOOL UNIFORM.**
6. The **Athletic Fee** for participating in volleyball, per child, is **\$100** for the Varsity team, **\$75** for the JV team and **\$50** for the JH team. This is due in our financial office by **September 9th at 2:40 p.m.** If the fees are not paid in full by 2:40 p.m. on the 9th, then the athlete will not be allowed to practice or play until the financial obligation has been met.
7. **Medical Release Cards must be brought to the first practice.** This is the green-colored page with all your medical information on it. Please fill it out completely and accurately. If anything changes on it during the school year, please let the school office know immediately!
8. Beginning in 6th grade, all 6-12th grade participants in our athletic program should have a sports physical completed every 2-3 years, before participating in any athletic activities. A Sports Physical Evaluation Form is available on the athletic website. Upon completion by the doctor, please bring a copy of the physical form to the school office so we can keep it in your child's medical records.
9. Check our **Athletic Web Site** often at www.fbsrosemount.org for the latest scores, schedules, announcements, cancellations, directions and other information concerning Crusader Athletics.

We look forward to a great season and hope you will join us!

In His service,

Shawn McKinney
Athletic Director

Dr. Charlie Graves
Secondary Administrator