



Dear student athletes and families,

Welcome to the 2015 season of Lion Volleyball! We are excited to get started and looking forward to a successful season. This letter is to review some important information, policies, and expectations for the Redeemer Lutheran Middle School Volleyball program.

The season will run from October 19th – November 20th and will consist of approximately 5 games. It is important to know that volleyball is taken seriously at Redeemer Lutheran and requires real dedication and commitment. Practices will be held on Tuesday and Thursday's from 3:00pm – 4:15pm.

PARENTS: Support is very important
Attend Games
Transportation for away games

ELIGIBILITY:

In order to participate in volleyball, all students must:

- Have a current physical on file with the front office
- Maintain at least a 70 grade point average and no F's in any class
- Receive all "meets" and "exceeds" on the citizenship rubric in all classes
- Pay a nonrefundable \$50 activity fee
- Sign and return a student code of conduct letter*
- Have her parent(s) / guardian(s) sign and return a parent code of conduct letter*
- Have her parent(s) / guardian(s) fill out and return an emergency contact form*
- Read, sign, and have a parent sign and return this letter

Practice:

Perseverance. Respect. Integrity. Dedication. Enthusiasm.

The team will practice Every Tuesday and Thursday, from 3:00pm – 4:15pm. Practice schedule is subject to change as our schedule is being assembled. It is important to be dressed out in volleyball-appropriate gear and ready to begin on time. Athletic shorts, sneakers, a t-shirt, and kneepads are highly recommended.

Any time a student misses practice he/she must have a note signed by his/her parent / guardian no later than the day that he/she returns. Two missed practices without notices (or late notes) will result in the player being eliminated from the team. Any player that misses a practice before a game, regardless of the reason, will not play in that game. Understand that we can only improve individually and as a team through practice, so missing them for any reason can result in less playing time in games. It is likewise important to be on time for practice. Showing up late



is unacceptable and may limit the students playing time during the next match. PRIDE: is not an excuse for being late for practice. After three (3) prides, the athlete will removed from the roster. Any student who has PRIDE on a game day, will not play in that game, but will be expected to be there to support his/her team. Boys/Girls will change into practice clothes quickly in the locker room, place all belongings on the bleachers outside, and then assist the coaches in setting up nets, counting volleyballs, and being ready to start practice on time. Cell phones are to be turned off/vibrate and are not to be used during practice. Jewelry is not allowed during matches, so it is not allowed during practice. Everyone is expected to be involved in every drill, whether on the court or off the court. Listen to instructions given to others, encourage your teammates, and be prepared to jump in when called on. Be coachable, exaggerate techniques, and make eye contact when a coach is instructing.

PLAYER CONDUCT:

All team members are expected to treat their coaches, referees, other teams, drivers, and anyone else during the volleyball season with respect. It is an honor to be a member of the Redeemer Lions Volleyball, Team, but it is also a responsibility. Players will act in a manner that they can be proud of, as we represent the entire school. Players may be removed from the roster for any behavior deemed inappropriate or disrespectful by the coaching staff. We look forward to a successful and fun season! Please contact us if you have any questions or concerns.

Thank You,

Coach Chin-Sinn

Cchinsinn@rlgschool.org

718-821-6670

Please read, sign, and return the following no later than Monday October 19th.

I have read and agree to the conditions as listed in the parent / athlete volleyball letter.

Athlete's Name:

Athlete's Signature:

Parent's Name:

Parent's Signature:

Parents Email Address:

Parent's Phone:

