Dear IMS Volleyball Players and Parents:

We would like to welcome you to IMS Volleyball and hope that you will enjoy the great sport of girl’s volleyball this fall season. If you commit to the sport, there are ample opportunities to join a local volleyball club and extend your skills. It is our mission to provide a fun and safe environment for athletes to build their volleyball skills in a semi-competitive, middle school setting.

It is expected that players will attend all practices and games, and we highly recommend practicing the skills at home that are taught on the court as much as possible. We expect positive attitudes, an excellent work ethic, and a high level of commitment. This is a competitive sport that promotes a spirit of team camaraderie, sportsmanship, and leadership. We expect that you will encourage your teammates to act and play their best, and help build team spirit--both on and off the court.

The following items need to be completed and turned in BEFORE an athlete is able to participate in any practices:

- ✓ Current sports physical (every two years) OR current (THIS YEAR) signature on physical exam form
- ✓ Current emergency card completed
- ✓ Sports Eligibility Packet downloaded
  [http://www.mercerislandschools.org/Page/6977](http://www.mercerislandschools.org/Page/6977), completed, and handed in to Athletic Eligibility box in the student office
- ✓ Sports fee paid

Weekly practice begins September 5th (first day of school), with a mandatory pre-season meeting immediately after school in Room 454. Regular practices run Monday, Tuesday, Thursday and Friday 3:00-4:30pm. Matches are Mondays and Wednesdays from 3:30pm-6:00pm (or sometimes later).

On match days, all players are expected to stay for the entirety of all matches (7th and 8th grade, 3:30pm-6:00pm) in order to support, line judge, shag balls and cheer on their teammates. If there is a valid reason for a player leaving early, it must be given on the day before the game to the player’s coach for approval (an e-mail is usually easiest).
For away matches on Mondays, players will be excused from class at 2:20 and are to be on the bus no later than 2:30. For matches on Wednesdays, players will be dismissed from school at 1:20 and are to report back to IMS and be on the bus (away match) by 2:25, or in the IMS gym (home match) by 3:00. For all home matches, players are expected to report to the IMS gym by 3:00pm and home matches will begin at 3:30pm. For all matches, players must have their complete team uniform (including knee pads) and gym shoes, and are not to wear jewelry or glitter. Below is a short checklist of what to bring in your gym bag to ALL matches:

- Uniform and knee pads
- Hair tie (no large metal clips, pins or barrettes)
- Water bottle and healthy snacks
- Any medications needed
- Homework to do on bus for away matches (some bus rides are 30 mins. or more)
- Cell phones MAY NOT be used during any part of the match; iPads may only be used for homework

Home games are exciting, and we hope to see high parent and family attendance to add to the “Gator Fever”. All players are expected to stay until the end of all 7th and 8th grade matches (6:00pm) in order to support, line judge, shag balls and cheer on their teammates. As a reminder, if there is a valid reason for a player leaving early, it must be given on the day before the game to the player's coach for approval (an e-mail is usually easiest).

Again, thank you for your participation and support of IMS Volleyball. We are looking forward to a fun and exciting fall season, and hope you will have a great experience.