

Hello Parents, Guardians, and Players,

We are Coach Syverson and Coach Gaston. Coach Gaston will be coaching the 7th grade A team, and Coach Syverson will be coaching the 7th grade B Team. We wanted to take a moment of your time to remind you all about the uniforms and expectations for the season.

Practice starts promptly at 3:15 p.m., so players should be dressed and ready by that time to start setting up the nets and getting the ball carts. ALL players should be helping to get 2 nets and volleyballs w/ ball carts into Gym 2. For practices, T-shirts, shorts or leggings, and gym shoes are required; knee pads and elbow sleeves are optional. For game days you will need to make sure that you have your uniform, shorts, volleyball shoes. **Necklaces and earrings are all expected to be put safely away for both practice and game time.

Parents: Practice will be done at 5:00 p.m. and all players will need to be picked up by 5:15 p.m. After home games, players will be expected to help take down and put away equipment before leaving with parents. After away games, parents will need to sign out their players before taking them home with you, so that we know who is riding the bus back to school with coaches. If you are planning to ride home with someone else's parents, your parents need to notify Mr. Hanson of this one day in advance.

If players are going to be gone for any reason that needs to be communicated with the coaches. The game schedules can be found on the website ([Girl's Volleyball](#)). We have our first game on Tuesday, September 8th and the last game will be Monday, October 12th.

Thank you and looking forward to a great season with you all,

Coach Syverson- jaynies@mystma.org

Coach Gaston- candicega@mystma.org

