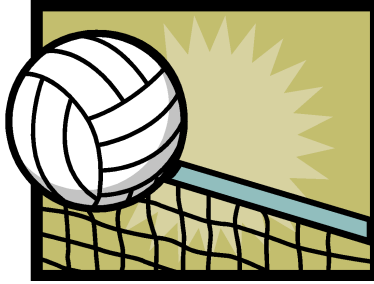


Morgan Middle School Volleyball



Welcome to the 2025 volleyball season. We are all excited to have the opportunity to share our experience and the love of the game with your daughters.

Pre-Season practice times and dates are:

August 27th from 2:30-4:30pm.

August 28th & 29th from 8:00 am to 10:00 am

September 2nd 2:30 pm to 4:30 pm.

School starts on September 3rd practice is after school everyday from 2:30 to 4:30 pm.

Each player must have been approved through the online registration process to get on the floor to practice. Each player will need 7 practices before participating in a match. Practices are mandatory. If a player cannot make it to practice, she will need to give coaches a note from parent or guardian, email, or phone call if they are not going to attend. Absences will affect their playing time.

Program and 8th grade Head Coach: Kelley Quirk call or text 509-306-9259 Email kelly.quirk@esd401.org

Assistant Coaches:

7th grade Head coach: Stephanie Harwood 509-925-8200 stephanie.harwood@esd401.org

Additional coaches TBD

MMS Athletic Director Briley Cameron briley.cameron@esd401.org

Athletic Director Cole Kanyer EHS 509-925-8361

AFTER SCHOOL STARTS:

Practice: Practices will occur every day unless there is no school. We will update practice schedule for early release days as soon as we know the schedule for MMS and if there will be study hall offered for students. We will practice from 2:45 to 4:45 p.m.

The girls will be ready to pick up no later than 5:00 p.m. Please be prompt as possible as the coaches are required to stay until all the girls have gone home. Please let us know if your daughter will be walking.

Player Evaluation: Players will be evaluated on the following criteria:

Skills: Forearm passing, overhead passing (setting), attacking, and serving.

Movement/Agility/Conditioning

Attitude/Behavior and Coachability

Volleyball Knowledge

Players will be placed on teams according to their ability. The number of teams will be determined by the number of players.

Players will be placed on teams according to ability. Cuts are possible. One of our goals is to provide adequate playing time for everyone. With too large a number we do not have the space to run an effective practice, and too many girls severely limits playing time. All girls who dress for a match are required to play in the match. We are still developing the schedule with the CWAC league. The schedule will be created in the first week of September.

Practice and Game Equipment: Each player will need:

Tennis shoes or volleyball shoes with white soles, spandex, knee pads & white crew socks for games.

Appropriate practice clothes-T-shirts, shorts, knee pads, socks, and shoes. All hair should be up in a ponytail with head bands for stray bangs. NO jean shorts. Volleyball spandex shorts in black are preferred for games and practice. Shorter black shorts (sofee brand, etc.) will be accepted. NO big, baggy, basketball shorts, please. No jewelry is allowed at games. Please do not pierce ears etc. during the season as officials will require the players to remove the jewelry.

You should bring **water to games and practices**. No sports drinks or POP! Please eat lunch every day and bring a healthy snack or dinner for the bus ride to games. No glass allowed on the bus.

Matches: All who dress will play; some may see more playing time than others.

All players in uniform will play in each match but playing time will vary based on each player's confidence and skills. Volleyball has different substitution rules, players can only substitute into one position during a game for that one player. A coach can only substitute 2 players at a time. Total substitutions are limited as well. Rally scoring to 25 and three sets will be played no matter what in each match. The match schedule and locations are to be determined.

Home Matches: The volleyball schedule has not been completed. All home games will be played at Morgan Middle School. **We will need players who are not playing to be available to help line judge, score keep and run the clocks. We ask that any players who play in the first match stay and help with the second match.**

We would love parent assistance with any of these activities as well. Please talk to the coach if you are available to help.

Away Games: Bus departure times and returns will be listed on the schedule. Return times are approximate. We have the girls call from the top of Manastash Ridge to let you know when we will arrive back at Morgan Middle School. **Pick up and drop off at Morgan Bus drop off on East First side of the building.**

We will not be stopping for food after every away match. For all the away games please have your player plan accordingly and bring food for the trip home. There are no glass bottles allowed on the bus.

Team Rules:

Be a good listener. LISTEN, LISTEN, LISTEN!

Come prepared with a positive attitude.

Practice hard and play hard.

Treat coaches and teammates respectfully.

Practice is short-no messing around.

Players are expected to watch their teammates play and will have to take turns with scorekeeping and stat taking. **After home matches, all players are expected to help put away equipment.**

Players can ride home from away games with parents and only their parents, after signing out with the coaches.

Players must ride the bus to away games.

Uniforms: Players are responsible for returning their uniforms in good condition. Please wash them in cold water and hang them to dry. They need to last a long time! No ironing please!

Pictures: Team pictures are **TBD**. Please bring full uniform and picture packet filled out.

Philosophy: Our focus will be on developing fundamental skills and team strategies. We will work towards consistently having three contacts on a side before returning the ball over with a pass, set, hit; with every serve receive and defensive rally.

At the end of the season players will have been introduced to the fundamental skill sets needed to play competitive volleyball: forearm passing, setting, serving, attacking, blocking, offensive and defensive strategies, teamwork, and communication.

We are striving to give all the girls as much playing time as possible. Players may play multiple positions from game to game. Every girl in uniform will play in every match. Volleyball rules limit the number of substitutions per game and the coaches can only sub onto one position per game per player.

Players and parents: If you have any questions or concerns at any time please talk with your players coach, do not wait until after the season. The players should talk to their coach first, after practice or

on the phone or email. After games is not a suitable time to talk as we must tear down the gym at home games or get the players on the bus to go home.

We are happy to discuss your child's progress. We will not discuss other players on the team with you.

We are excited to coach your players. We look forward to helping them progress as volleyball players and athletes. We hope to instill the love of the game for a lifetime. Hope to see you at as many games as possible!

The Morgan Middle School Volleyball Staff

