

Congratulations and Welcome to the Lady Pounders Volleyball Team!

I'm so excited about the upcoming Season! We began a good thing last season and I look forward to continuing to improve and grow this year!

Quick Look Information:

The Practice Schedule and Game Schedule for the season is fully published. It is as complete as I can make it, but please understand that sometimes times or locations may change. I will give you as much notice as possible of any changes. Other than illnesses, I must have 24 hours notice if you will miss a game or practice. Missing either will affect your play time.

The Team fee for 2024 is \$350. Payment is due in full at any time before July 7. There are payment options available to pay in installments as well. Either way, the balance is due no later than July 7. You may use the online payment option posted on the Central High School Website.

Uniforms are provided by the school and will be returned at the conclusion of the season.

Transportation to and from all contests are the responsibility of the player and family. If you know you will need assistance, please let me know and I will find you a ride. If your parents are willing to provide transportation for other players, please let me know this as well (and how many seats you have) Students are not allowed to ride with drivers under 21.

Gate Fees: Generally, admission fee to all games is \$5 - \$8 depending on the school. Most schools only take cash. If an electronic option is available, I will send it out in the weekly email. Children under 5 are free. All school aged children pay the student price (Senior Citizens (55+) also pay the student price). The tournament will be \$10 per person / per day, regardless of age.

Athlete and Parent Contract - please read thoroughly, discuss and return signed by the first practice on July 7

We will be doing a few **fundraisers** throughout the season to help pay for our Official Fees, Tournament Fees, and gear extras. Every player is expected to participate to assist the team efforts.

Parents - I will need the following **volunteers** for **every** home game. Don't worry if you don't know how to do something. We will train you!

- Score Keeper
- Libero Tracker
- 4 line judges (2 for JV and 2 for Varsity)

Team Rules:

- 1) BE ON TIME (and ready to go at start times)
- 2) STAY POSITIVE - a good attitude will improve your play and cultivate good relationships with your teammates and coaches
- 3) GIVE YOUR BEST EFFORT - always come ready to give it all you've got.
- 4) PAY ATTENTION - your coaches and captains have a desire to make you better and have experience and knowledge that can help you achieve both your goals and the team goals. Listen with respect. Follow Directions quickly.
- 5) EVERYBODY HELPS - with set up and clean up. FIND SOMETHING TO DO to help. NEVER be caught "supervising" or disengaged with the activity and needs of the team.

Concerns:

If you have any concerns during the season, please approach one of the coaches outside of a game situation. We are happy to discuss any concerns or questions you may have and come to an understanding that promotes the best outcome for our team and players. Please start with an email or a text and we can arrange an appropriate time to talk.