**8th Grade Volleyball Information**

**Head Coach:** Ruth Coates **Assistant Coach:** Rebekah Larson

**Contact:** [ruth.coates@k12.sd.us](mailto:ruth.coates@k12.sd.us) **Contact:** [rebekah.larson@k12.sd.us](mailto:rebekah.larson@k12.sd.us)

(may also be contacted through the remind app)

**Athletic Director:** Mark Sheets

**Contact:** [mark.sheets@k12.sd.us](mailto:mark.sheets@k12.sd.us)

**Physicals/Forms:** **YOU WILL NOT BE ABLE TO PRACTICE UNTIL YOU HAVE HAD A PHYSICAL.**

All forms required by the office (including physicals) must be turned in before an athlete can practice. Missing practice due to missing paperwork will result in less playing time.

**Practice:**

Practice is mandatory. **Contact coach Coates *prior to missing* practice or a game**. **The easiest way to let me know if you are missing practice is to send me a message in the remind app.** If an athlete is sick on the day of practice or game, the coach will coordinate with the office to verify the student is home sick. This absence will be considered an excused absence. An unexcused absence will occur when the athlete doesn’t show up to practice or a game, and there is no prior contact with the coaches. The athlete will not be allowed to participate in the next game after each unexcused absence. If you cannot get your daughter to practice, please consider checking with other parents about carpooling.

**Eligibility/Grades:**

We will monitor athletes’ grades throughout the season. If the athlete is failing a class or has several missing assignments, coaches will conference with the student, and it is possible that they may not be allowed to participate in games until missing assignments are turned in and/or grades are brought back up.  We want them to be successful students as well as athletes.

**Gear:**

T-shirts, shorts, and sneakers are necessary for all athletes to practice. If you have long hair, be sure to pull it back out of your face. No jewelry should be worn during practice or games. Kneepads are strongly recommended. Uniforms will be provided by the school.

**Teams:**

The 8th grade team will be divided into A and B teams (sometimes C).   This year will be more competitive than 6th/7th grade.  The factors listed below will influence our decisions about team placement as well as playing time on that team. All athletes will get to participate.

* Work ethic/Coach-ability
* Attitude in practice and matches
* Practice performance
* Skills – serving, passing, setting, spiking, offense, defense
* Knowledge of the sport – knowing what your role is on the court
* Position – back row, middle hitters, outside hitters, setters
* Practice and match attendance

**Games:**

Athletes will be called out of class early to prepare to leave for away games.  They are to bring all homework and necessary items for the game.  **Athletes can bring snacks to eat before or after their games.  Please make sure they pack healthy snacks.  No JUNK food please.**Athletes are encouraged to bring their own water bottles.

Athletes may be released to their parents once the game is over.  Parents, please make sure you sign the Parent Sign-Out sheet before you leave the gym with your athlete.   **You can only sign out you own child**. If you are not at the game or want your daughter to ride the bus, please make sure you are at the school when we return from away games.  The coaches really appreciate being able to get home quickly.

**Game Day Dress Code:**

We will represent DMS well when another school is visiting us as well as when we travel to other schools. Appropriate dress items include jeans without holes or tears, dress pants, skirts and dresses that are appropriate length, shirts that are not screen printed, or team volleyball shirts. We will be ordering DMS Volleyball shirts very soon. Parents and athletes are welcome but not required to purchase shirts.

**Contact:**

We look forward to a great season with your daughter! If you have any questions or concerns, please feel free to contact the coaches. You may contact us through e-mail or through the Remind app. Please follow the directions below to join our Remind class: 8th Grade VB 2018.

**Remind App Instructions:**

**(Free unless you have a limited message cell phone plan.)**

1) Download the Remind App

2) Select: Join a class

3) Enter the following class code: dms8vb2018