



R&L Fusion



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JH (5-8) Volleyball Athletes

I'm excited to be your junior high volleyball coach for the 2023 season.

My hope is that you are as excited as I am to get into the gym. Volleyball is HARD. It takes loads of teamwork and positive support from your teammates. Volleyball is the ultimate team sport, but it also takes a lot of self discipline, hard work and mental toughness. There is nothing more rewarding than working together as a team to achieve goals. When you tie up those shoe laces, let's be ready to work. I promise the fun will come with the hard work too!

This season is meant for 7th and 8th graders. With that being said, dependent on the participation numbers, they will see the most game time. Please don't get discouraged as last year, every opponent was willing to play an extra game or two for our 5th and 6th graders to see some playing time.

When you come to the first day of practice, you have committed to being apart of a team. You will be receiving a list of training rules the first day of practice. These rules will hold you accountable to your teammates, so we can have a fun and successful season. Please have you and a parent sign this and bring it to me the first week of practice. Your concussion statement, your student participation form (physical) and acknowledgment of the athlete hand book form, need to be turned into Deb in Richey or to me on or before the first day of practice. You cannot practice without a complete physical and physical form so please have this done.

The first practice will be in Lambert on August, 14th. Practice alternates weeks from Lambert to Richey. The bus picks you up after school to get you to practice by 4pm then it takes you back after practice at 6pm. There is no practice on Wednesdays. Please come prepared to practice with gym clothes, shoes and knee pads. Please dress appropriately with no short shorts or belly shirts. I can't wait to start working with you! If you have any questions or concerns, please feel free to call me with the number I have provided below.

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