

6th Grade Volleyball Parents

Welcome. Thank you for letting us teach your daughter about volleyball and to help her improve upon her skills.

Just a couple of friendly reminders:

- **PLEASE DO NOT** let your daughter get her ears pierced during the volleyball season!! **NO** jewelry is allowed, and taping over jewelry in **NOT** an option.
- Please take off **ALL** jewelry and leave at home before you come to practice and games
- Please invest in a pair of knee pads (Walmart, Target, Scheels, Dicks)
- Please have a dry pair of shoes to practice/play in. You do not need to buy a new pair of volleyball shoes, but please don't wear the pair in the car on the way to volleyball (dirt, stones, wet get on them and we don't want that stuff on the volleyball court)
- Please make sure your daughter has jacket/sweatshirt and pants/sweatpants on when they arrive and leave, we don't want them getting sick
- Please leave ALL valuables at home, we are not responsible for lost/stolen items
- Please leave all outdoor clothes and bags in the hall, and enter the gym once the coach has opened the doors
- **PLEASE** pick your daughter promptly after practice, coaches **DO NOT** stay till all girls leave
- Teams will be selected after practice on Thursday and listed by Coach on the HMS website on Saturday/Sunday. Please note that practice times could change at any time, so check the web site daily for any updates.

WHAT TO BRING/WEAR TO PRACTICE:

- A change of shoes. Please **DO NOT** wear your volleyball shoes to practice, they get wet, full of mud, dirt and are not safe on the floor. Please wear other shoes outside and change once in the building
- Please wear pants/sweatpants & jackets/sweat shirts to and from practice, we don't want the girls getting sick
- Knee pads. At this level your daughter is going to want knee pads
- **NO JEWELRY** is allowed during practice or games (this includes fit bits/apple watches). **PLEASE DO NOT** get your daughters ears pierced, they can not play with the earrings in and taping over them is **NOT** an option. This is for the safety of your daughter and all girls playing.
- Please bring a water bottle. It takes time away from practice to have the girls running to the water fountain all the time
- Bring a water bottle for games also

Thank you, and we look forward to seeing you all in the stands for our games!!

HMS 6th Grade Volleyball Coaches