

IRMA MARSH MIDDLE SCHOOL

VOLLEYBALL

2017



PARENT PACKET

IMMS VOLLEYBALL STAFF CONTACT LIST 2017

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Castleberry Independent School District Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.

... You will be treated fairly.

... You are an athlete year round.

... Comply with school policy.

... Conduct yourself as a lady/gentleman at all times.

... Always tell the truth.

... Do not steal.

... Do not make excuses.

... Do your best in the classroom.

... Respect your teammates.

... NO NEGATIVE SOCIAL MEDIA OF ANY KIND

... Do not participate in other non-school related sports while your sport is in season.

For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.

... Do not use tobacco, alcohol, drugs or any mood-altering chemical.

... If you have a concern, talk to your coach in private.

VOLLEYBALL

APPEARANCE:

- Wear the correct clothes each day (M/Fri = school issued athletic shirt & shorts)
- Spandex worn only in the gym. Athletic shorts kept in locker if needed to go in the school.
- Wear your hair up and out of your face at all times; Do not wear jewelry.
- Do not alter your uniform or practice attire in any way.
- Always look like a volleyball player (kneepads, socks, and court shoes on).
- Road trips – get off the bus ready to play.
- No i-pods/cell phones at practice

ATTITUDE:

- Maintain a positive attitude – encourage your teammates; be energetic, enthusiastic, and focused.
- Dedicate yourself to the program – you belong to something bigger than yourself.
- No distinction between grade levels – we are all lions! Support all teams at all times!
- Pride is a must!! Be...prepared, resilient, indispensable, dependable, excited!

BEHAVIOR:

- Do not use foul language – extra conditioning will result.
- No tobacco, alcohol, or drugs – consequences will be severe.
- In the classroom:
 - Treat your teachers with respect (yes sir/no sir/yes ma'am/no ma'am)
 - Keep your grades up – turn work in on time and do quality work.
 - Give teachers a game schedule and invite them to game.
- ISS/Discipline/Low grades – extra conditioning and other measures will be used.

TRANSPORTATION:

- Be on time – we cannot, and will not, wait.
- You must ride the bus to and from games and tournaments. If there is an emergency situation, please talk with a coach.

PRACTICE:

- Be on time.
- 7th and 8th grade will practice in the mornings. 7th grade will be at IMMS and 8th grade will be at CHS in the competition gym.
- Never miss a practice – if you are sick, communicate with your coach before the start of practice.
- No injury prevents you from dressing out.
- Communicate with your coach by calling or e-mailing prior to the start of practice if you will miss a practice. Failure to communicate with a coach could result in extra conditioning or loss of playing time.

MATCHES:

- Be intense and focused during the match – on the court and on the bench.
- No idle talk warming up – that time sets the tone for the match.
- Check the schedule carefully – avoid conflicts that would cause you to miss a match.

COMMUNICATION:

- Parents/Guardians – as with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals and skills, but the following will not be discussed:
 - Playing time
 - Play selection
 - Personnel

PROMPTNESS:

- Be on time for workouts, meetings, and games. See the following guidelines and consequences for being late to practice.
- 1st time = warning & 25 squat jumps
- 2nd time = warning, parent contact & 50 squat jumps
- 3rd time = limited playing time, parent contact & 50 squat jumps
- 4th time = suspension of game, parent contact & 50 squat jumps
- 5th time and more = suspension of game, parent contact, must complete a missed practice workout

SOCIAL MEDIA:

- Social media should be monitored by parent and/or guardians. It is strongly encouraged that comments in regards to our program be positive in nature and in the best interest of the program and all involved in the program.

- Remind is the primary means of communication to do our due diligence to ensure a positive environment.
 - 8th Grade Volleyball Remind
 - 81010 with text message @IMMS8vb
 - 7th Grade Volleyball Remind
 - 81010 with text message @imms7

IMMS Volleyball

Make-up Practices/Matches

Definition: (Excused vs Unexcused)

Excused:

1. Medical – doctor's note and phone call (make-up)
2. Illness – Phone call/e-mail notification (make-up)
3. Illness – present at practice (no make-up)

Note: must be in attendance 5 out of 8 periods at school.

4. Death in the family and phone call (no make-up)
5. Family emergency and phone call (phone call)

Unexcused:

1. Absences due to vacation
2. Illnesses – no contact
3. Absent from practice
4. Attendance Saturday school

Volleyball Guidelines:

- Excused – 10 minute run in the gym + 20 serves in, 10 hits in, 50 wall passes consecutive.
- Unexcused – 25 minutes run in the gym + 30 serves in, 15 hits in, 75 wall passes consecutive
- Tardiness to practice is not acceptable. A note from a teacher is required for entrance.
- 8 consecutive unexcused absences from practice without notification can be grounds for dismissal from the volleyball program (regardless of make-ups completed).
- If a set or match is missed, the athlete will not participate in the next set or match. Athletes are required to attend each event with the rest of the team.
- If practice is missed the day before a match, the athlete will not participate in the next match. Make-ups must be made up before participating in a game!

Volleyball Practice Schedule

AUGUST 2017						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
20	21 First Day of School	22 Volleyball Tryouts 7 th & 8 th grade @ 6:30am	23 Volleyball Tryouts 7 th & 8 th grade @ 6:30am	24 Volleyball Tryouts 7 th & 8 th grade @ 6:30am	25 Volleyball Tryouts/Cuts 7 th & 8 th grade @ 6:30am	26
27	28 Practice 7 th & 8 th grade @ 6:30am	29 Practice 7 th & 8 th grade @ 6:30am	30 Practice 7 th & 8 th grade @ 6:30am	31 Practice 7 th & 8 th grade @ 6:30am		

SEPTEMBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1 Practice 7 th & 8 th grade @ 6:30am	2
3	4 Holiday – No school	5 Volleyball Practice 7 th & 8 th grade @ 6:30am	6 Volleyball Practice 7 th & 8 th grade @ 6:30am	7 IMMS @ Decatur 5:30/6:45pm No Volleyball Practice	8 Volleyball Practice 7 th & 8 th grade @ 7:00am	9 'A' teams Sanger Tournament
10	11 Volleyball Practice 7 th & 8 th grade @ 6:30am	12 Volleyball Practice 7 th & 8 th grade @ 6:30am	13 Volleyball Practice 7 th & 8 th grade @ 6:30am	14 IMMS vs Bridgeport 5:30/6:45pm No Volleyball Practice	15 Volleyball Practice 7 th & 8 th grade @ 7:00am	16 'A' Teams EMSISD Tournament
17	18 Volleyball Practice 7 th & 8 th grade @ 6:30am	19 Volleyball Practice 7 th & 8 th grade @ 6:30am	20 Volleyball Practice 7 th & 8 th grade @ 6:30am	21 IMMS @ Springtown 5:30/6:45pm No Volleyball Practice	22 Volleyball Practice 7 th & 8 th grade @ 7:00am	23
24	25 Volleyball Practice 7 th & 8 th grade @ 6:30am	26 Volleyball Practice 7 th & 8 th grade @ 6:30am	27 Volleyball Practice 7 th & 8 th grade @ 6:30am	28 IMMS vs Mineral Wells 5:30/6:45pm No Volleyball Practice	29 Volleyball Practice 7 th & 8 th grade @ 7:00am	30 'B' Teams South Hills Tournament

OCTOBER 2016

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1	2 Holiday – No School	3 Volleyball Practice 7 th & 8 th grade @ 6:30am	4 Volleyball Practice 7 th & 8 th grade @ 6:30am	5 IMMS @ Azle Forte 5:30/6:45pm No Volleyball Practice	6 Volleyball Practice 7 th & 8 th grade @ 7:00am	7 ‘B’ Teams Brewer Tournament
8	9 Holiday – No School	10 Volleyball Practice 7 th & 8 th grade @ 6:30am	11 Volleyball Practice 7 th & 8 th grade @ 6:30am	12 IMMS @ Azle 5:30/6:45pm No Volleyball Practice	13 Volleyball Practice 7 th & 8 th grade @ 7:00am	14
15	16 Volleyball Practice 7 th & 8 th grade @ 6:30am	17 Volleyball Practice 7 th & 8 th grade @ 6:30am	18 Volleyball Practice 7 th & 8 th grade @ 6:30am	19 IMMS vs Lake Worth 5:30/6:45pm No Volleyball Practice	20 Volleyball Practice 7 th & 8 th grade @ 7:00am	21
22	23 Volleyball Practice 7 th & 8 th grade @ 6:30am	24 Volleyball Practice 7 th & 8 th grade @ 6:30am	25 Volleyball Practice 7 th & 8 th grade @ 6:30am	26 IMMS vs Mineral Wells 5:30/6:45pm No Volleyball Practice	27 Volleyball Practice 7 th & 8 th grade @ 7:00am	28
29	30 Volleyball Practice 7 th & 8 th grade @ 6:30am	31 Volleyball Practice 7 th & 8 th grade @ 6:30am				

NOVEMBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			1 Volleyball Practice 7 th & 8 th grade @ 6:30am	2 IMMS vs Azle Forte 5:30/6:45pm No Volleyball Practice		

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070



IRMA MARSH MIDDLE SCHOOL VOLLEYBALL PLAYER / PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School VOLLEYBALL Player/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player	Signature of Player	Date
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Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School VOLLEYBALL Player/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)	Relationship to Player
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Signature of Parent/Guardian	Date
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