

7th Grade Volleyball

Something new this year will be open gym time for 7th & 8th grade volleyball players. This open gym time will be on the following dates: July 2, 5, 9, 11, 16, & 18. All will be from 8-9:30 am in the Scotus Dowd Activity Center. Scotus Varsity Volleyball Coach Tooley will be running those open gym times and dates. Girls will be playing some 3 on 3 and working on fundamental skills for volleyball at these open gym times. These are NOT a requirement for playing in the fall. They are a great opportunity to touch the volleyball with some guidance so the girls can feel more comfortable with their skills for the fall season.

Scotus seventh and eighth grade FIRST fall volleyball practice will be on **Monday, August 20th**. Practices will be at **6:00 a.m.** every morning except on game days. Athletes need to arrive at the north doors of Scotus **by 6:00 a.m.**, change their shoes and immediately start the required warm-up activities. Warm-up activities are to be completed **BEFORE 6:10 a.m.** Warm-up activities will be done together the first day, and then each day after that to be done by each player on her own before 6:10 am. The girls will be dismissed after practice to shower, change, and eat breakfast in the cafeteria. Each girl is **expected to shower** before changing and going to breakfast. The girls may bring their own breakfast or purchase it from the cafeteria. Breakfast time is from 7:45 – 8:15 and must be eaten in the cafeteria.

There will be a volleyball sign up sheet on the girl's locker room door when school starts. Girls will be asked to come to a volleyball meeting **at 7:30 am on Thursday, August 16th** in the Scotus Little Theater.

All athletes must have their physical forms turned in to the Athletic Director's office before they can be allowed to participate in practice. A game schedule for both the 7th and 8th grade teams will be handed out in the fall, but **IS** subject to change. The game schedule can also be found on the Scotus web page calendar. All athletes will play in some games. Playing time from one athlete to the next **IS NOT** equal.

Attire and equipment for practice:

1. Wear an appropriate t-shirt (no cut off shirts or tank tops) and athletic shorts to practice. Shirts are to be **tucked in** during practice at all times.
2. **White** knee pads are required.
3. A good pair of mostly **white** court athletic shoes are also required. **These shoes are to be worn on the court only** and are **not** to be worn to and from school.
4. For those young ladies with long hair, it must be pulled back in a **single** ponytail away from the face so it will not be in the way during practice or games.
5. Hard barrettes of any kind are illegal on the court.

Uniforms for games:

1. Jerseys for 7th grade athletes or 8th grade volleyball players who lost their jersey from last year are at a cost to each athlete and are to be paid for by the end of the first week of practice. The cost will be announced at practice. This jersey is then used for 7th grade and then again in 8th grade for volleyball.
2. Game shorts are any pair of **plain black** shorts - NO BIKERS for game shorts. Bikers can be worn to practice, but NOT for games.
3. Plain white socks – short or long.
4. White knee pads and mostly white court shoes.

Reminders:

JH VB Open Gym: July 2, 5, 9, 11, 16, & 18. All will be from **8-9:30 am** in the Scotus Dowd Activity Center.

JH VB Athlete Meeting: Thursday, August 16th at 7:30 am in the Scotus Little Theater.

7th Grade VB PARENT MEETING on Wednesday, August 22nd at 6:00 pm in the Scotus Little Theater.

Hopefully having this information will help answer some of your questions. We will try to answer any of the athlete's questions at our meeting also. If you have any questions before then, please contact Scotus 7th Grade VB Coach Dusel at the school at 402 564-7165 or on her cell at 402 276-2716. You can also email her at jdusel-misfeldt@scotuscc.org.