

HS Volleyball Expectation 2019

Coach Nelson



Intro to the Season

I am excited for my 18th season of Lady Saints Volleyball. At this point it is looking like will have 20 or 21 players. My intention is to have a full JV schedule so please be patient as I grab more JV matches.

What to expect from practices and games

We will have fun and strive to make the most of every day. I have two main objectives in practices: keeping athletes active for the entirety of practice and touching the ball a ton. I love 1 on 1 and 2 on 2 drills because it keeps all players engaged and touching the ball. Please feel free to come and watch practice anytime you like.

Practice Specifics

- Practice times will be followed closely; we will start and end at the listed times.
- School appropriate attire is expected with the exception of short length. Please invest in black spandex which must be worn under our game shorts.
- Each girl will need her own knee pads, water bottle and quality shoes.

Help Needed

Home Games

- Hospitality
- Book
- Clock
- Lines (I will assign this so let me know soon if you have preferred dates)

Away Games

- Carpool Coordinator
- Occasional help with food
- Fans (please support the team)

Parent Responsibilities

- Be a team helper when possible.
- Ensure that your daughter is at every practice and match possible.
- Be prompt to pick up your daughter after a practice or match.
- Be supportive of your daughter by encouraging and loving her. "I love watching you play"
- Do your best to keep your daughter eating healthy foods and getting plenty of sleep.

TEAM RULES

Daily demonstrate a respectful attitude towards God, your parents, your school, your teammates and your coaches.

Athlete Signature _____

Parent Signature _____