

Welcome PBMS 8th Grade Volleyball Families!

My name is Sam (Samantha) Olson. I will be serving as head coach for the 8th grade volleyball team for the Fall 2021 Volleyball Season. Some of you may have met me last season when I assisted Coach Jerry with 7th grade Volleyball, or from 6th grade volleyball in the past.

A little bit about myself, I played volleyball in high school (a long, long time ago) and a bit in college. I started coaching volleyball here in Central Oregon in 2018. I also coach ice hockey at the Pavilion since 2016.

I am excited to meet your athletes and start the season! This season, we plan to have an A & B teams for 8th grade volleyball at PBMS.

Our season officially starts on **Sept 8** and goes through **Oct. 20**. **A full schedule will be released shortly.**

This week's schedule will be as follows

Wed. 9/8 4:30-6:30p player assessments

Thurs. 9/9 4:30-6:30p player assessments

Friday 9/10 4:30-6pm -light practice

6pm PARENT & Player Meeting

Please plan to attend a **PARENT & PLAYER MEETING**, next **Friday, Sept. 10 at 6:00pm in the Gym after practice.**

So, on to the more important info you need to know.

This is **LONG, but VERY IMPORTANT INFO** for you and your player. Please read it thoroughly. And bring any questions, concerns you may have at the meeting on Friday.

SEASON GOAL:

This season, my goal is to help your player grow as an athlete and develop a love for volleyball and team sports. We will continue to work on fundamental skills, as well as, focus on teamwork, good sportsmanship, games situations, game rules and regulations, and, most importantly, having fun!

GEAR/ATTIRE:

- PBMS will provide jerseys for every player to use during the season. These **jerseys must be worn on GAME DAYS & official scrimmages**. Your player may also wear their jerseys during practice if they choose to, however, please make sure they have a clean jersey for their games.
- **Shirts** in which they can move around in freely without any constriction for practices.
- **Sport shorts, spandex or compression shorts** are typically worn for bottoms. Any color is fine, but black is typical. If needed, you can purchase them locally at any clothing store such as Target, Kohl's, Old Navy, Dick's, Big 5.

- **Kneepads are not required but encouraged.** You can try Dick's or Big 5, but they may be low on stock. You can also purchase some from <https://volleyball.epicsports.com>
- **Non-marking court shoes only.** You do not need to get volleyball-specific shoes; However, for your players safety, Vans, Converse, turf and/or street shoes are NOT ALLOWED. ***We strongly recommend to have your player carry in their court shoes and put them on in the gym before practice/games. They should not be worn outside. After practice/games, they should change into their street shoes prior to leaving the gym.*
- **Tight-sealing water bottle for water breaks.**
- **Backpack/bag** to carry court shoes, water bottle, phones and other personal items. ***Neither Pilot Butte Middle School nor I are responsible for any loss or damage to all personal belongings during practices or matches.*
- **OPTIONAL though highly recommended: a volleyball to practice with at home.** If you would like to purchase a volleyball for your player, please purchase [Tachikara SV5WS ball](#). Playing with a volleyball at home is great way to build coordination skills. They may bring their volleyball to practice and add it to the pile to share.

Please make sure your player's name is on all their belongings and volleyball if they choose to bring one to practice.

***If you need assistance in acquiring the proper gear stated above, please contact coach Sam and we will find a way to get you the items you need.*

PRACTICES:

- Our practice time will always be @**4:30-6:30p** at PBMS Gym. **A more detailed schedule with games will be available soon.**
- **Practices start at 4:30pm SHARP.** Please arrive early enough for your player to put their knee pads on, change into their court shoes, remove all jewelry, fill up their water bottles, if needed, and silence their cell phones and stow them in their bags. **Players must be ready to warm-up at 4:30pm.**
- **End of practice.** We ask that the **entire team assist** with putting away nets, gathering balls and putting them in the ball bins, packing up all other supplementary gear as well as making sure they have all their belongings and they cleaned up after themselves.
- **After practice pick up time.** We ask parents to please give your players time to assist with breakdown at the end of the night, so please pick your athlete around 6:45p and no later than 7:10pm. *Should you run late in pick up, please call Coach Sam to let her know. Coaches will not leave the premises until all players have been pick up or have a ride home.*
- **NO jewelry of any kind allowed.** All jewelry must be removed prior to start of practices & matches including warm-up. *** If your ears have been newly pierced within the last 7 weeks, they can be taped until the 7-week wait period is up. After that you should be able take your earrings off for the 1.5 hours of practices and 1 hour games that we have. Players can put their earrings back on immediately after practices or matches.*
- **ALL CELL PHONES SILENCED & STOWED.** All cell phones must be silenced and stowed away for the entire practice time and matches. Players are not allowed to take their phones out even during water breaks.

MATCHES:

- **Number of Games per Match.** Each match has a curfew of xxhrs, which means we will fit as many games as possible within that time frame. *we are still finalizing our match schedules.*
- **Arrival at Matches.** *Please arrive at least 20 min prior to game start.* Volleyball is a sport that you cannot just jump into. Your player must be dressed and ready to participate in team stretches/meeting by 15mins prior to start. We are only given a 5-min on-court warm up prior to start.
- **Home Matches.** *The entire team need to arrive 30 mins before game start* for home games to assist in any set up needed AND assist with breaking down nets and putting away folding chairs after. As the home team, we are required to supply a scorekeeper. So please let me know if you are able to be a back up.
- **NO jewelry of any kind allowed.** Please see same bullet point under PRACTICES.
- **ALL CELL PHONES SILENCED & STOWED.** Please see same bullet point under PRACTICES.

TEAM RULES:

1. Be respectful/courteous to your coaches, your families, your teammates, officials and opponents
 - No yelling at or putting down a teammate at any time.
 - No playing with balls while you are receiving instructions from your coaches & officials.
 - No talking or whispering on the side during huddles.
 - No horsing around or being loud and disruptive while another game is going on.
 - A blatant disregard of instructions will be considered breaking the rule.
2. Be respectful of the equipment and facilities.
 - No kicking balls
 - Don't pull on the nets.
 - No littering in the gym; clean up after yourselves
 - If you break any of the above rules, you sit out for 5 mins immediately following your violation.
3. NO CURSING under any circumstance.
 - I normally don't use laps for consequences, but this is one exception.
 - The number of letters in the curse word used will be the number of laps the ENTIRE TEAM must run.
4. Rules without penalty, but please do not make a habit of breaking them.
 - **Be on time.** Arrive and depart from games and practices on time. (See attendance for clarification)
 - **Be ready with proper attire and gear.** Bring knee pads, socks, court shoes, water bottle to each game & practice

- **Every player must wear their jersey to games.** We do not have spares therefore if you forget your jersey and your parent/guardian has to run home to get it, you will be sitting out until you have your jersey on.
- **Hair.** All girls with *medium to long hair, must have their hair in pigtails, braid or pony tails*. No large bows please as they can fall off
- Cell phones must be silenced and put away for all practices & games.
- Be prepared to participate and have fun.

ATTENDANCE:

For those who are a few minutes late because of other activities or absent for being sick, there will be no loss of game time. However, if continuous unexcused lateness or absences becomes an issue, we will speak to you privately to discuss possible loss of game time. Communication is very important.

- **VERY IMPORTANT! If your player will be late or will miss a practice and/or a match, please let Coach Sam know asap either in person, or call. *Text are okay if it's not right before practice starts.***

PARENT LETTER/CONDUCT AGREEMENT

Attached is the Parent Letter/Conduct Agreement. Please read it thoroughly, print, complete and sign the last page and turn it in to Coach Sam at the team meeting.

LASTLY

We will communicate with you all mostly via email, sometimes via texts, therefore please let us know if you would like to add an additional person to be in the loop. PLEASE check your emails often as things tend to come up.

Thank you for your time. Sorry for the long novel. I look forward to meeting your player on Wednesday and you on Friday evening.

Regards,
Coach Sam

Sam Olson
Cell: 541-788-4310