

8th Grade Volleyball 2017-2018 School Year

Coaches:

<i>Head Coach: Keri Sorensen</i>	<i>keri.sorensen@indianola.k12.ia.us</i>
<i>Asst Coach: Kevin Huss</i>	<i>kevin.huss@indianola.k12.ia.us</i>
<i>Asst Coach: Morgan Terpstra</i>	<i>morgan.terpstra@indianola.k12.ia.us</i>

General Information:

- Updated Concussion and Physical forms are required on file prior to the first day of practice. Student athletes should still attend practice as non-participants if they do not have forms completed.
 - All sports at IMS are No-Cut based on athletic abilities. We would like to encourage all student athletes that want the opportunity, to participate in school sports. Students interested in a sport should attend beginning at the first practice date. Students will only be eliminated from teams for gross misconduct or refusal to follow behavioral expectations.
 - Please promptly pick up your student athletes adjacent to the gymnasium doors on the northeast corner of the building. Students will exit from the Fieldhouse gym doors.
 - Practices will run from 3:40-5:20.
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Volleyball 7th and 8th grade

Practices: 3:20-5:20 PM @ Field house (Tee-shirt, shorts, tennis shoes)

Wednesday: 4-5:20

Schedules: <http://www.littlehawkeyeconference.com/public/genie/206/school/645/>

Season: August-October

Teams are divided by ability and the players can move between teams as needed. Each team has 9 scheduled matches. Games start at 4:30, unless there is mutual agreement to start at another time. A match consists of three games. Guidelines and rules established by the Girls' Athletic Union are followed. Admission at all middle school events is \$3.00 for adults and \$1.00 for students K-12.

All schools in the conference play at a two-court site. The A and C games are played simultaneously with a 50 minute time limit. The B and D (if numbers allow) follow with a 50 minute time limit. Teams play the entire time limit unless there is a mutual agreement between athletic directors to change the format. There are five-minute warm ups between matches. The first two matches are played to 21; however, the team must win by two points, with no scoring cap. If a third game is required, and it is a deciding game, the game goes to 15 points,

unless the 50 minute time limit has expired. Reserve Games: Lower level games are scheduled by mutual agreement of schools involved. When these games are scheduled, the rules for the two-court site, as well as the rule on officials, remain in effect.

Before athletes can participate they must have

- Athletic Physical
- Concussion Form
- Med Form
- Good Conduct Policy signed

Athletes will NOT be allowed to practice or participate in games until all of these documents have been signed and turned in to the office.

Team Policies and Philosophies

- Sportsmanship by players, coaches, and parents will be of utmost importance.
- Conditioning/attendance/skill development
 - We want girls to work hard and try their best in every situation. In order to do this, it is important to be at each practice to better those skills. Some skills may be very difficult for girls, while others may be review. We want to challenge everyone, while still having fun.
- Team fluidity/playing time
 - Teams will be divided into 4 teams: A, B, C, D. Coaches will work to determine where students should be placed on a team.
 - A/B teams will play to win. Play time may not be equal, but we will make every effort to get everyone opportunities to play. C/D will rotate as many girls at possible, but please understand that substitutions are limited in volleyball, and play time may not be equal.