

Players and Parents:

I am very excited about the upcoming season. The season consists of both practice and regular season matches. Each volleyball season, our team members set personal goals to obtain and maintain a strong academic standing here at Santan Junior High.

Expectations:

- To attend practices and matches (even if ineligible due to grades or absences)
- To follow SJHS guidelines for behavior (no major behavioral problems/consequences)
Bus behavior – Any misbehavior may result in consequences.
In school suspension – Sit out 1 game.
Out of school suspension – May result in removal from the team.
- To maintain at least a 70% “C” average in **all classes**
 1. At least a 70% to play in matches
 2. If below 70% (60%-69%), a player will be allowed to practice
 3. If below 60% (failing a class), a player must sit out one game (district policy) and must raise their grade to 70% before they can participate in practices/matches. It is the athletes responsibility to provide the coach proof of adequate grade percentage.

BUS: All athletes will ride the bus to all away games. NO returning to Santan after game! All athletes must be picked up by parent.

** Parent information i.e. practice date/times are attached on the calendars – Please know practice dates may be added, with plenty of notice to parents. If nothing is noted on calendar for the day – there is no volleyball that day.

REMIND APP: Please see attached REMIND paper attached and JOIN!! ALL Volleyball information & how you and I can communicate is done via REMIND!

Please sign and return this form to Coach Kerry by Tuesday, August 8th. The form will serve as a notification of the expectations of the 7th grade girls' volleyball program.

I look forward to a great season! If you have any questions, feel free to contact me.

Please sign, if in agreement, with the expectations mentioned above.

Student Name (print) _____

Student Signature _____

Date _____

Parent Signature _____

Date _____



Sign up for important updates from Ms. k. lantgen.

Get information for 7th VBall right on your phone—not on handouts.


Pick a way to receive messages for 7th VBall:


- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/8897h3

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



 rmd.at/8897h3

Join 7th VBall

Full Name

First and Last Name

Phone Number or Email Address


(555) 555-5555

- B** If you don't have a smartphone, get text notifications.

Text the message @8897h3 to the number 81010.

If you're having trouble with 81010, try texting @8897h3 to (757) 337-4602.

** Standard text message rates apply.*



To

81010

Message

@8897h3

Don't have a mobile phone? Go to rmd.at/8897h3 on a desktop computer to sign up for email notifications.

7/8 Girls' Volleyball

2023 East Valley Conference

Tryouts Week of July 24th		
Regular Season Games		
Date	Santan Jr. High	Weekday
August 14	@CCJH	Mon
August 16	ACPMS	Wed
August 22	CHS	Tues
August 23	@WJHS	Wed
August 28	CMS	Mon
August 29	QCJH	Tues
August 31	@PJHS	Thurs
Sept 6	AJHS	Wed
Sept 7	@NBHJH	Thurs
	Regular Season Concludes	
Playoffs Sept. 11, 14, & 18, 20	Round 1 - Top 3 seeds have byes	M, Th, M, & W
7 th Grade matches begin at 4:30 & 8 th Grade matches follow.		

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	<div>7/31</div> <div>4^{pm} practice</div>	1	2 4 ^{pm} practice	3 4 ^{pm} practice	4	5
6	<div>7</div> <div>4^{pm} practice</div> <div>Parent Mtg</div> <div>5³⁰pm in GYM</div>	8	9 Back Home	10	11	12
13	<div>14</div> <div>@ CCJH</div> <div>4³⁰pm</div>	15	16 Home vs. ACP 4 ³⁰ pm	17	18	19
20	21	22 Home vs CHS 4 ³⁰ pm	23 TEAM PIX 11 ⁴⁵ AM @ WJHS 4 ³⁰ pm	24	25	26
27	28 Home vs CHS 4 ³⁰ pm	29 Home vs QCJH 4 ³⁰ pm	30	31 @ PJHS 4 ³⁰ pm		

SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>No School Labor Day</i>	5	6 <i>Home vs ASTS</i>	7 <i>@ NBTH</i>	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30