

# GMS Grizzly Volleyball

7<sup>th</sup>/8<sup>th</sup> Grade Athlete & Parent  
Information Meeting  
Monday, August 31st 5:30 PM

# GMS Girls Athletic Philosophy

We will emphasize individual growth with a TEAM atmosphere. Each athlete's individual goals become part of the team goals. We seek to prepare each athlete for the next level of competition by providing a fun, competitive environment to challenge each athlete.

# Volleyball Information...

- The season runs from the start of school to November 5.
- 12-15 matches per season, including a “A” tournament on Sept. 19<sup>th</sup> @ and an “B” tournament on Sept. 26<sup>th</sup>
- Most matches on Thursdays, B match begins at 5:30pm with the A team immediately afterward.

# Volleyball Information Con't.

- You will be able to access volleyball information including schedules, player calendars, GMS athletic handbook, RRISD Extracurricular Code of Conduct and announcements using the athletic page located on the Grisham Website.

# Practices...

- 7<sup>th</sup> grade practice will begin at 7am and continue through 1<sup>st</sup> period
- 8<sup>th</sup> grade practice will begin during 8<sup>th</sup> period and continue until 4:30pm
- Athletes can participate in other extracurricular activities (band, choir) in addition to athletics. We will work with sponsors to allow for both.

# Practices (continued)

- All school sports practices and competitions will come before any select or club sport.
- Athletes are required to practice in the GMS issued athletic clothing. Failure to comply will result in extra conditioning and will affect their grade. If problem persists athlete will miss practice which will affect playing time.

# Missed Practices

- 1. It is important that all athletes be present at every practice. Please do NOT schedule doctor or dentist appointments during practice times. If it is unavoidable, please have the athlete talk to the coach to discuss what will be missed ahead of time.
- 2. The athlete will be required to make up a missed practice before the next game. The athlete will need to talk to the team coach to schedule a time to make up practice.

# Missed Practices con't.

- 3. Extra-curricular activities are excused absences as long as the team coach has approved them in advance. Athletes are still required to make up this missed practice time before the next game.
- 4. Unexcused absences will result in loss of playing time. If an athlete has an unexcused absence from practice and is unable to make up the missed practice time prior to the next game, they will not be able to participate in the event.

# Injuries

- Athletes will be expected to notify the coach of any injury immediately and see the Westwood trainer for evaluation
- Parent notes will only be accepted for one day, then you must get a note from an athletic trainer not a Dr. or Physical Therapist.
- Notes from doctors excusing athletes from practice and participation need to have a release date. Please ask your doctor for a specific date on the note rather than “can return when tolerated, etc..” We can **ONLY** accept doctor notes to allow athletes to return to competition. We cannot accept notes from parents, physical therapists, etc.
- WWHS Trainer: Greg “Doc” Bauer 464-4053

# Travel

- All athletes are expected to ride the bus to and from matches
- Athletes may only ride home with parents in case of an emergency and must have a parent note before we leave for the match
- Athletes are expected to be picked up within 15 minutes of arrival to GMS
- Late pick ups...

# Game Day...

- Athletes will stay after school on game day for study hall and to eat with their teammates
- B team is expected to stay for A team match
- Players are expected to sit together when not playing and support the team that is playing (A & B)

# Game Day (continued)

- Athletes will wear her team shirt tucked into khaki pants on game day.
- If the athlete is not dressed appropriately for game day, she will not play that night, but she will still attend the game and sit on the bench in uniform.

# Playing Time

- All athletes will be given an opportunity to play as long as eligibility and behavior requirements are being met.
- Playing time will be fair, but will not be equal.

# Uniform

- All players will be issued a game uniform.
  - 7<sup>th</sup> grade uniform top and bottom
  - 8<sup>th</sup> grade uniform top and bottom
- Athletes are responsible for washing and caring for the uniform.
- If the uniform is lost, athlete will pay to replace it.

# Parent Expectations...

- You are an important part of our athletic program.
- We expect parents to respect the officials, opposing players and coaches, and each other.
- Please do not expect the attention of your daughter once she gets on the court to warm-up.

# Parent Expectations (continued)

- During the game please use positive encouragement toward your daughter and her teammates.
- Do not attempt to coach your daughter or her teammates from the sidelines.
- At the end of the game please wait to speak to your daughter until she has been released by the coach.

# Parent expectations (continued)

- If you would like to talk to a coach, please call to make an appointment. After game emotions can run pretty high, and this is the absolute worse time to approach a coach with a concern. Also, please note that coaches will not schedule appointments immediately before or after practice.
- We will not discuss playing time with parents. (RRISD Policy)

# Nutrition

- Help us teach proper hydration and nutrition:
  - Your daughter should drink at least 50 oz. of WATER per day.
  - Your daughter should eat three balanced meals and a healthy snack every day.
  - Please help us monitor hydration and nutrition at home.
  - Pre-Game meals should be healthy.

# Lady Grizzly Athletic Policy

- Our athletes will represent Grisham both on and off the court. They will be accountable for their behavior at ALL times. Unacceptable behavior abuse of alcohol, drugs and/or tobacco will not be tolerated and could be cause for removal from our athletic program.
- If an athlete is placed in In-School Suspension (ISS), a one game/event suspension will be enforced. OFI (opportunity for improvement) drills for each day in ISS will be done after practice.
- If an athlete is suspended from school, a two game/event suspension will be enforced. OFI drills for each day of suspension will be done after practice.
- If suspension happens again, the athlete and her parent (s) will meet with the coaching staff to discuss further eligibility in Athletics.

# RRISD Code of Conduct

“Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a **privilege that carries additional expectations** for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students.”

# RRISD Code of Conduct Con't

This Extracurricular Code of Conduct will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the Round Rock ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation.

# RRISD Code of Conduct Con't

## **Prohibited Conduct**

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- **any conduct resulting in arrest and/or citations from law enforcement officers**

## **Procedures**

The coach, director and/or sponsor will determine whether an Extracurricular Code of Conduct violation has occurred. Upon determination of an Extracurricular Code of Conduct violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

# Grades

- Athletes are here for an education first.
- Athletes will be expected to fill out and turn in a grade check sheet every 3 weeks.
- Athletes should notify coaches if they are having trouble in class, at coaches discretion time will be allowed to attend tutorials.

# Eligibility

- Athletes must maintain a 70 average in all classes in order to be eligible for participation in extracurricular activities.
- If an athlete is ineligible she will still practice and will sit on the bench in street clothes at home games. They will not be allowed to travel to away games.
- If there is a pattern of ineligibility athlete will be considered for removal to offseason.

# UIL Eligibility Calendar

Grading Period	End of Six Weeks Grading Period	Lose Eligibility for 3 Weeks or Regain Eligibility for Six Weeks	3 Week Evaluation Period for Students Ineligible at end of Six Week Grading Period *	Regain Eligibility After 3 Week Evaluation Period
1st Six Weeks	Friday - Oct. 3	Friday - Oct. 10	Monday Oct.6 - Friday Oct. 24 (For students ineligible after 1st six weeks)	Friday -Oct. 31
2nd Six Weeks	Friday - Nov. 14	Friday - Nov. 21**	Monday Nov. 17 - Friday Dec. 5 (For students ineligible after 2nd six weeks)	Friday - Dec. 12
3rd Six Weeks	Thursday - Jan. 15	Thursday - Jan. 22 **	Tuesday Jan. 20 - Tuesday Feb. 10 (For students ineligible after 3rd six weeks)	Tuesday - Feb. 17
4th Six Weeks	Friday - Feb. 27	Friday -Mar. 6 **	Monday Mar. 2 - Friday March 27 (For students ineligible after 4th six weeks)	Friday - April 3
5th Six Weeks	Friday - April 17	Friday - April 24	Monday April 20 - Friday May 8 (For students ineligible after 5th six weeks)	Friday - May 15
6th Six Weeks	Wednesday - June 3		All Students are Academically Eligible During Summer Recess	

\* Grades are not cumulative. Only grades taken during the three week period should be considered.

\*\* All students are eligible during Winter Holidays and Spring Break.

# Fundraiser

- All 7<sup>th</sup> and 8<sup>th</sup> grade athletes will participate in our magazine fundraiser.
- Last year we purchased a mat for the gym.
- Goal for this year is to repaint the gym and pay for the end of the year celebration.

# End of the year Celebration

- 7<sup>th</sup> grade – Breakfast and Awards
- 8<sup>th</sup> grade – Snack and Awards
  - Also will vote on Banquet, Schlitterbahn, Park and Pizza

# Important Dates

- Team pictures Sept. 11<sup>th</sup>
- MS Night @ Westwood Sept 15th

# Thank You!

- Thank you for entrusting your daughters to us.
- Holtmeier – 428-2682
- Milliger – 428-2717



I \_\_\_\_\_ have read the GMS  
volleyball handbook and agree to abide  
by it.

Date \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_