

Welcome back to school, I hope your summer is going well. My summer sure went fast and included hiking a 14er, having one child propose and another announce a grandchild coming. On top of that, I am really excited for volleyball season after seeing many of you this summer in the gym. The summer camp and league really showed your improvements! HMS Volleyball is just around the corner. Please continue working on your skills and get some physical activity in the next few weeks so you do not tire easily. Make sure you read the following list of items.

- Practice will begin on Monday, August 13th, at 3:30. It will end each day around 5:50. We practice in the Middle School gym located in the High School. The locker rooms will be open and available to use on Monday.
- Email me if you plan on playing; I have already started to prepare for the season. [stephanie.sinclair@usd410.net](mailto:stephanie.sinclair@usd410.net) Thank you.
- Make sure that you dress appropriately for practice. Running shoes or volleyball shoes are the best for this sport. If you have a pair of kneepads, please wear those. Black knee pads are preferred.
- Bring a water bottle each day. Make sure your water bottle has a tight lid to avoid spills.
- Your physical, concussion form, and permission to participate forms are due to Mr. Rempel before you can practice on August 13th. Make sure these are signed by you and a parent. You cannot practice if the forms are incomplete. Missing the first days of practice is not a good for a team. It puts you behind the others competing.
- Team shirts will be bought shortly after practices begins. These will be our uniform shirts. Others can also purchase them to support our team. The 8<sup>th</sup> graders designed them during the summer.

Volleyball season is a short season and we want to get the most of out it. Let us continue the Trojan winning tradition. To be winners you need to stay caught up on your homework and try to see your teachers whenever you need help. Also try to schedule appointments and piano lessons outside of practice time.

Enjoy your last few weeks of vacation. Coach Kalee Cross is our assistant coach. She loves volleyball and working with youth. I cannot wait to see you in the gym. Go Trojans!!!

Coach Steph Sinclair    382-4442 Cell (before 9pm)