

GSA VOLLEYBALL 2016



Calling all 5TH, 6th, 7th & 8th Grade boys and girls. Interested in playing some Wildcats Volleyball this Fall? Come where the Spirit of Service & Spiking lives on!

Enclosed please find the GSA Volleyball Team Rules and Expectations, Summer Practices Schedule, and Consent Form. Kindly read over the information provided. Parents please complete, sign and return the consent form with your child on August 23, 2016 (first day of practice). Parents please make sure to provide your e-mail in the consent form as this is our main source of contact with the parents.

If your child is unable to attend the schedule practices due to vacation conflicts or any other reasons, please send us an e-mail, text or call.

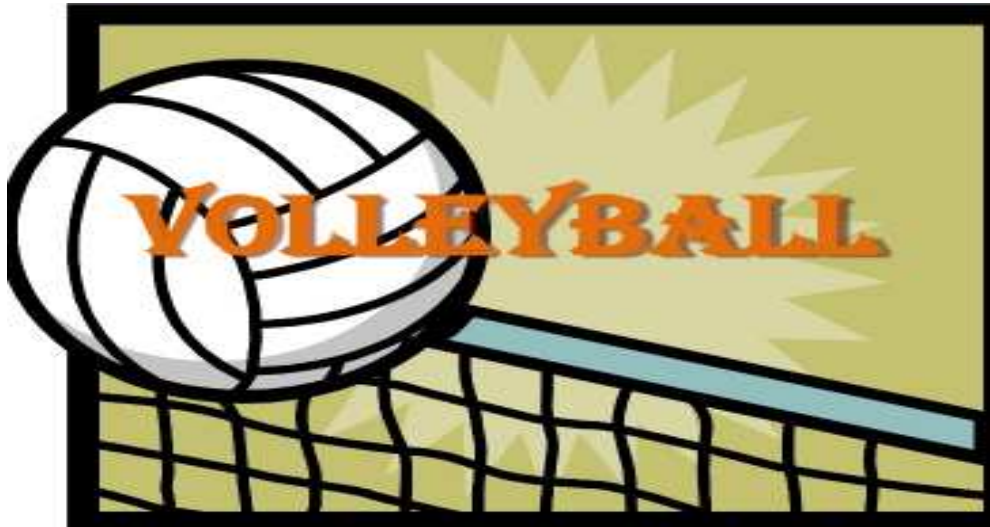
Additional information and forms will be provided in September.

Thank you for your expressed interest and see you on the Court.

Sincerely,
Coach Laura Perez-Clyburn
E-mail: perez_lp@yahoo.com

Coach Priscila Barros
E-mail: priscilabarros@mac.com

GSA VOLLEYBALL 2016



Summer Practices

All practices will be held at the GSA gym.

Tuesday, August 23rd

Wednesday, August 24th

Thursday, August 25th

Practice times are from 5:30 pm to 7:30 pm
for both JV and Varsity

Monday, August 29th

Tuesday, August 30th

Thursday, September 1st

Practice times – TBD

Good Shepherd Academy Volleyball Consent Form

I / we the parents of the below named candidate, hereby give my/our approval for our child, to tryout and/or participate in any in any and all Good Shepherd activities and/or sports. I/we assume all risks and hazards incidental to such participation including transportation to and from activities, and I/we do hereby waive, release, absolve, indemnify and agree to hold harmless Good Shepherd Academy, Holy Family Church, St. Mary's Church, Our Lady of Mount Carmel Church, the organizer, sponsors, supervisors, participants and persons transporting my/our child to and from activities, for any claim arising out of an injury to my/our child, whether the result of negligence or for any other reason or cause, except to the extent and the amount covered by accident or liability insurance.

During the school year and as a registered student of Good Shepherd Academy, all candidates automatically carry Good Shepherd Academy insurance through the Archdiocese of Newark School plan.

I give consent for my child _____ to participate in the volleyball workouts and practices. I understand that my child must be picked up promptly at the end of practice.

Please check one of the following:

- If parents are unable to pick-up, my child will be picked up by _____
- My child will be allowed to walk home.

Parent Name: _____

Email & Phone Number: _____

Allergies/Medical Conditions: _____

Parent Signature: _____ Date: _____

GSA VOLLEYBALL 2016



TEAM RULES AND EXPECTATIONS

1. Players are expected to show up for practice and games on time.
2. Players and/or parents **must** call, text or e-mail if a player will miss practice or a game or plans to be late for practice or a game.
3. Players will bring the following during practices and games:
 - Regulation kneepads (**recommended**)
 - Regulation indoor volleyball (**optional**) – only during practices
 - Bottle water or sport drink – labeled with your child's name (**highly recommended**)
4. Players are to keep cell phones packed away during all practices and games.
5. Players are expected to be respectful to the Coaches and follow all directions given by the Coaches.
6. Players are expected to show a positive attitude. There will be no whining, grumbling, horse-play, or other disruptive acts during practices and/or games.
7. Players are expected to be courteous towards teammates at all times. There will be no name- calling, teasing, criticizing or other acts designed to hurt feelings or cause injury.
8. All players must arrive **30 minutes** before game time in order to do warm-ups, stretches and to obtain game lineups. If you can't make the game, please call as soon as possible.
9. No jewelry, watches, bracelets (of any kind), earrings, chains can be worn during a games and practices. Hair longer than collar length must be tied back during games and practices.

10. Players must wear proper uniform during games unless instructed by coach.
11. **During games**, players and parents are expected to be courteous and respectful to our opponents and referee. Do not bait or taunt opponents. Remember you are representing Good Shepherd Academy.
12. Any player ejected from a game because of unsportsmanlike conduct will be suspended from the next game and may be subject to additional penalties.
13. Any player who physically and/or verbally abuses another player, participating or official may be suspended from play for the remainder of the season and may be disqualified from Archdiocesan sports competition.
14. Players and parents are expected to help with set up and clean up for all home games.
15. Players are responsible for completing all homework and maintain good grades.

Rules and Expectations for Parents

16. Remember that the players are children and are playing for their enjoyment. Make no derogatory comments or gestures to players, coaches, other parents and any member of the opposing team. Keep it positive.
17. Parents remember: Let the Players play, Coaches coach and Referees ref. The decision of the referee is binding, so don't whine over a bad call. Let the Coaches handle what happens on the Court.
18. **Parents please no sideline coaching during the games.** This is a distraction to the children and it's in contradiction of what the coaches are trying to accomplish with them. Just be the best cheerleaders you can be.
19. Each player must have a high school age or older individual (i.e. parent, grand-parent, aunt, uncle, sister, or brother) on a rotating basis, help out with admission, concessions and line judging at the games.
20. **Failure to follow Team Rules and Expectations may result in appropriate disciplinary actions.**