

Middle School Volleyball Information

Dear Parents and Lady Longhorns,
Welcome to the 2019 Lady Longhorn Volleyball season! We can't wait to get started!

Parent Meeting: Tuesday, August 13th at 6:30 in the AHS Auditorium. During this time we will be handing out all important information and schedules. It is important that you are there so you can meet with our Athletic Director and the Coaches, so you don't miss out on anything before we get the season started.

Our first practice will be held on Monday, August 19th. Both 7th and 8th grade girls will change in the locker room after school and will meet in the AMS Gym ready to go by 3:15. Managers will go to the gym after school to meet with coaches and set up.

We will be discussing our expectations (see handout) for the season and will be handing out schedules and t-shirt order forms. There will be a team warm up t-shirt order form for the girls and a separate order form for parents and anyone who would like fan apparel. T-shirts are not a requirement, but a good way to support your athlete and our team!

Practice gear: shorts, t-shirt, knee pads, court shoes, hair pulled up. NO jewelry and NO tank tops cut low on sides or cropped shirts.

Game gear: We will hand out jersey tops. You will need to provide Black spandex OR shorts. There can only be ONE very small logo (Nike swoosh, UA, etc...) visible on the bottom part of the leg. Logo's on the waistband are illegal.

Before the first practice please make sure that ALL of your forms are turned into the office. You CANNOT be on the court to practice until all of your forms are turned in. The forms include: an updated physical and the concussion form.

The first two weeks of practice will be as follows:

August 19th-20th: All girls: 3:20-5:45 meet in AMS Gym

August 21st-23rd: Tryouts in AMS Gym

7th girls from 3:15-4:30

8th girls from 4:30-5:45 (meet in locker room at 4:20)

On August 23- At the end of practice each girl will be handed an envelope, in which we would like them to wait until they get home to open, that will inform them what team they will be practicing with.

August 26th-30th: Both 7th and 8th

Instructional team 3:15-4:00

A/B team: White Board Talk 3:15-4:00, Practice: 4:05-5:45

White Board Talk is required for A/B teams, it will take place either in the Commons or in a class room at AMS under the direction of a coach. We will use this time as a study hall and to reflect back on games.

Practices will rotate between AMS and Eisenhower Elementary, see calendar handout.

We will have schedules and other important information available at the practice on August 19th and extras will be available at any time. Schedules are also available on the AMS website, www.abileneschools.org.

We look forward to seeing you all there. If you have questions before then please call, text, or email:

Coach Dorian Bryson (8th grade) 263-6307 dbryson@abileneschools.org

Coach Kirsti Gomez (8th grade) 458-2696 kgomez@abileneschools.org

Coach Michelle Peterson (7th grade) mpeterson@abileneschools.org

Coach Kiley Crider (7th grade) kcrider@abileneschools.org

WE LOOK FORWARD TO SEEING YOU ON THE 19TH :)

Coach Bryson, Gomez, Peterson, and Crider