

IT'S TIME FOR VOLLEYBALL!!

Dear Parents and Players,

It's August, and that means the start of volleyball for all interested **6th – 8th grade girls!** Practice will begin August 29 in preparation for the start of game play and tournaments. All 6th-8th grade girls are invited to attend the before-school minicamp and to join the team during the regular season. If you are interested in participating, please plan on attending the practices listed below.



Monday, August 30	3:00 PM — 5:00 PM
Tuesday, August 31	3:00 PM — 5:00 PM
Wednesday, September 1	3:00 PM — 5:00 PM
Thursday, September 2	3:00 AM — 5:00 AM
Friday, September 3	9:00 AM — 11:00 AM
Tuesday, September 7	3:00 AM — 5:00 AM

Please come prepared to practice the first day! Remember to wear knee pads, court shoes, shorts, and t-shirts. If you are unable to attend, please contact Coach Jessica Varvil (253-444-8963) prior to the first practice. **Before any practice or game competition, the following items need to be completed:**

- [a current physical exam release form](#)
- a current [concussion form](#) turned into the office.

Both parent and student must watch a [concussion video](#); copies of forms and video may be found on our [website](#) under sports. The fee for volleyball participation is \$100.00, payable to Concordia Christian Academy. Please give a check to Coach Varvil by September 7. **During the school year, practices will be held after school from until 5pm on Mondays, Tuesdays, Thursdays, and Fridays.** Additional information regarding practice and game schedules will be handed out later this month.

This is always a great time of the school year. I look forward to the hard work, sweat, and dedication that is ahead of us. I am also excited about the growth, as individuals and as a team, that we will experience.

Sincerely,
Coach Jessica Varvil
Assistant Coach Claire Hall

**Whatever happens, conduct yourselves in a manner
worthy of the gospel of Christ.**

Phil. 1:27