



Kiowa County Junior High
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KIOWA COUNTY JUNIOR HIGH VOLLEYBALL INFORMATION

Volleyball season is right around the corner, and I just wanted to provide a little more information about our upcoming practices and season. Practice will start on **Monday, August 19 at 3:45pm**. For each practice, your daughter will need practice clothes including shorts, t-shirts, socks, and a good pair of tennis shoes. I also ask the girls to get their own knee pads, preferably black in color, but white will also be fine. If this is something you are unable to do, I have some for girls to borrow during the season. However, these must be checked in with their uniform at the end of the season. The girls are also encouraged to bring a water bottle to practice. We can get much more accomplished when we do not have to wait for 20+ girls to get a drink at the water fountain.

Practice will start daily at 3:45pm. Most days our practice will end at 5:15pm. On the first day, we will end at 5:30pm so that we can watch the concussion video and go over expectations. Occasionally, we will have to let out earlier due to home high school volleyball games or other activities. Transportation will be provided to Haviland and Mullinville after practice. If you are not riding the bus, please make sure you have made arrangements for a ride home or a place to go after practice. Coaches cannot leave until all athletes have left the school property. If you know in advance your daughter is going to miss a practice, please send a note or call your school office and they will relay the information. Even though Haviland does not have school on Fridays, we will still have practice. Transportation will be provided, and the girls will be expected to attend.

Please make sure your athlete has had a physical exam prior to August 19, and that it is on file in the school office. If the physical AND the concussion form are not on file, or have not been signed by all of the appropriate people, your athlete **WILL NOT** practice. Every year we have a couple that have the form on file, but the parent did not sign or have one form on file but not the other.

I am looking forward to working with the girls, and I cannot wait to get started. Please let me know if you have any questions. You can email me at apore@usd422.org or call me at the school at (620) 723-2332.

PRACTICE SCHEDULE

Day 1 - 3:45pm to 5:30pm

All Other Days - 3:45pm to 5:15pm