Dickson Middle School Volleyball @ www.dmsvolleyball.weebly.com

If you have questions, please contact me.

Coach Heather Minnis

104 Fawn Trail, Burns, TN 37029, e-mail [hminnis@dcbe.org, cell/text 615-604-5255](mailto:hminnis@dcbe.org,%20cell/text%20615-604-5255)

***Our mission statement: I will strive to do my best at all things in which I am involved. I will strive to reach my full potential in the classroom and on the court to prepare myself for future success—through learning, responsibility, determination, caring, and a positive attitude.***

\*\*Practice begins during the summer and it is *extremely important for you to be there*; however, if you are going to be out of town during any summer or season events, it is ***your (the player’s) responsibility*** to let me know this week (following tryouts) by sending me an email or text message with those dates. Otherwise, we will expect you to be at practice/matches every day.

\*\**Physical*--You need a *current yearly sports physical* to participate in volleyball. Please turn in an updated COPY of your physical AS SOON AS POSSIBLE. Must be dated April 15, 2020 or after.

Paperwork to turn in\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Turn in ”Consent for athletic participation & medical care” form.

2. Turn in Consent form for camp at DMS.

3. Turn in signed “Participant Waiver…” 2 pages

4. Turn in page 3 of "Concussion Information and Signature Form for Student-Athletes & Parents/Legal Guardians" form

5. Turn in page 2 of “Sudden Cardiac Info”.

6. Turn in “DMS Volleyball Other Information” form.

7. Middle Tennessee camp fee $110 --Please make checks payable to Jeff Motluck

*Other things TO DO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*8. Send Coach Minnis a text (615-604-5255) with your name from the phone(s) I can use for contacting/texting you and your parent(s’) information. If it is a parent’s phone, please put parent’s name and player’s name in text.*

9. “Like” us on Facebook at Dickson Middle Volleyball for periodic updates and information.

**10. Turn in copy of updated physical, dated April 15, 2020 or after, if not already on file.**

**11. Order on-line DMS Volleyball t-shirts. *Each player should have at least one DMS Volleyball t-shirt to wear.* Go to** [**www.dmsvolleyball.weebly.com**](http://www.dmsvolleyball.weebly.com) **under “FAN GEAR” TAB. Order online through July 7. Order will be placed July 8.**

**M**ust haves by Monday, July 6, 2020:

1. Knee pads

2. Jump rope

3. Stretch bands (at least 2 long strips **light** resistance).

Recommended:

--prefer volleyball shoes. Academy Sports usually has several options b/w $40-60, but a nonskid tennis shoe is okay. NO “shocks” or tall shoe types.

--ankle braces

**Thinking/planning ahead\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BUS--** Players will ride the bus with the team to matches and tournaments. Players may ride with parents after the match or tourney only after player and parent together “check out” with Coach Minnis. If a player needs to ride with another person, Coach Minnis must have a note at least 1 day before, unless there is an emergency.

**PARENTS**—We can’t do it without you! Throughout the season, we need parents to keep books, line judge, score keep, libero track, work the gate, work the concession stand, make donations for the concession stand, etc. I will send out a sign-up sheet when it gets closer to time. **On our play date on Saturday, July 11, previously trained parents will help train other parents. Thank you.** Coach Minnis

**MY DMS VOLLEYBALL CAMPUS RULES**—Players are not allowed to walk off campus. On game days, unless picked up by a parent, players should be in the gym/locker room eating and working on homework/studying until time to warm up and board bus.