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@dcstn.org, cell/text 615-604-5255

***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 dates, it is ***your (the player’s) responsibility*** to let me know **the first week of June (following tryouts) by sending me a text message with those dates.** Otherwise, we will expect you to be at practice/matches every day.

\*\**Physical*--You need a *current yearly sport physical* to participate in volleyball. Please turn in an updated COPY of your physical AS SOON AS POSSIBLE. Must be dated April 15, 2023, or after.

\*\*Equipment needed

**June**-knee pads

**July** -jump rope, 2 light resistance stretch bands that may be tied into a circle (no handles). Recommended shoes--prefer volleyball shoes. Academy Sports usually has several options b/w $40-$80, but a nonskid tennis shoe is okay. NO “shocks” or tall shoe types, and recommended ankle braces.

TO TURN IN AND DO NOW \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*1. 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 throughout the season. If it is a parent’s phone, please put parent’s name and player’s name in text.

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

**3. Order online DMS Volleyball t-shirts. *Each player should order at least 2 t-shirts (1 gray and 1 maroon) to wear for 2023.* Go to** [**www.dmsvolleyball.weebly.com**](http://www.dmsvolleyball.weebly.com) **under “FAN GEAR” TAB. Order online now through June 30, 2023.**

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

5. Turn in Consent form for Paradise Coast Volleyball camp at DMS.

6. Turn in DVC Camp consent form.

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

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

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

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

11. Turn in camp fee $110 --Please make checks payable to JEFF MOTLUCK

12. Turn in DVC camp fee $25 (price cut for DMS players)—Please make checks payable to DVC.

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

**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**.

**On our play date on Saturday, July 15, we need you! This is our only fundraiser and training for parents for the season. Thank you.** Coach Minnis

**I will send out a Google sheet sign-up link.**

**The link is also on our website under “Required 2023” tab.**

**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.

All other players will ride the bus back.

**Players should contact parents with an estimated time of arrival as soon as we leave. Parents should be in our parking lot waiting when we return.**

**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.

**AWAY MATCH DAYS**—Players should stay after school. The bus usually arrives around 4pm to leave for away matches. During this time, players may do homework, study, and/or eat. Players should bring food/snacks/water. Parents may drop off food before 4pm.

**HOME MATCH DAYS**--Players should stay after school. During this time, players may do homework, study, and/or eat. Players should bring food/snacks/water. Parents may drop off food before 4pm.