

July 30, 2025

Dear Cokeville Junior High Volleyball Team Member,

We are looking forward to this coming volleyball season with you. We play for two short months, beginning with the first practice on **Monday, August 18 at 4:10 p.m.** in the auxiliary gym at the high school. Practices will be Monday-Thursday from 4:10-6:00 p.m. all season unless otherwise specified. We expect every player to bring positive attitudes & dedication to practices, as well as games. We do have a zero tolerance policy for drama of any kind. Our hope is for players to be focusing on teamwork, respect & personal growth both on & off the court. And mostly importantly, HAVE FUN playing the game we all love!

**Please come to the first practice with your athletic physical completed** by a doctor, you, and a parent. Get in touch with Coach Carlson to make an appt at the clinic if you are still needing one completed asap! If you completed yours through the Star Valley Medical Clinic in the school, then we will already have it on file. Remember, you have to have your physical turned in by the first day of practice or we **CANNOT** allow you to practice until it is completed and turned in.

You will need shorts and a t-shirt, and a pair of gym shoes that have never been worn outside for practice attire. Having a color coordinated team creates a more unified team, we would like everyone to have black socks and black knee pads for games (not necessary for practices). You are required to have knee pads for all games and practices – these are for safety reasons. If you are on the 8th grade team, I would like players to have ankle braces this year. You can change into your practice clothes in a locker room provided by the high school. If you would like to lock your locker, you will need to bring your own lock. Make sure that you have your hair up and out of your face during practice and no jewelry on. (i.e., dangly/hoop earrings, bracelets, necklaces, hair barrettes, hard headbands etc.) Please be dressed and warming up everyday before practice is set to start. Being absent or late for practice will result in running lines.

We would also like you to bring your own **full water bottle** to practice every day. Hydration is very important for athlete performance. Try to eat a healthy snack or meal BEFORE practice that contains carbs, protein and some fat source. Example: jerky, fruit of choice, protein shake, granola bar etc.

**We will be holding a parent/athlete meeting on Thursday, August 21st at 6:00 p.m. following practice. Please have one parent attend that meeting with you.**

We look forward to having a great season!

See you soon,

Coach Carlson & Coach Stocking