

July 13, 2023

Dear Parents/Guardians:

Junior High Volleyball practice will start Monday August 21st. We will be practicing in the auxiliary gym at the high school. Therefore you will be picking your daughter(s) up after practices at the high school. After school practices will run from 3:30-5:00 PM. There will be some morning practices that will run from 6:30 to 7:30 AM. Those practice times are listed on the attached calendar.

Your daughter(s) needs to make sure she has her **Physical Form** turned into the office before she can practice. There is a **Permission Form** that needs to be turned in, as well, and is part of the Activities Handbook. This form needs to be turned in before the first game and will be handed out during the first week of practice.

A Jr. High Volleyball Handbook is another item that will need to be read with the last page signed and returned by your daughter(s). This just explains policies that will be implemented for missed practices and games as well as communication between athletes, coaches and parents/guardians. We understand that your daughter(s) might be involved in numerous activities outside of volleyball, but we feel it is important that they consider playing volleyball a priority within those activities. Please read the Handbook and **return the last sheet of the Handbook before Tuesday, September 5th**.

Players will receive a uniform top to wear during the season. Your daughter(s) will be responsible for providing their own black shorts (which can be regular or spandex), shoes, socks, knee pads, water bottles, etc.

We are excited about the upcoming season. We hope to develop volleyball skills that will help your daughter(s) find success. Thank you for your support and please contact the high school or one of the coaches if you have any questions about any of the items that need to be turned in, or questions in general.

Also visit <http://www.fortcalhouschools.org>--Pioneer Pride—Athletics—Volleyball--Jr. High Volleyball for future information and updates as well as contact information.

Thank you,

Gina Krambeck ([gkrambeck@ftcpioneers.org](mailto:gkrambeck@ftcpioneers.org))  
Amy Husk ([ahusk@ftcpioneers.org](mailto:ahusk@ftcpioneers.org))