

May 21, 2008

## 2008 – 2009 Volleyball Season Information

- According to the Kansas State High School Athletic Association (KSHSAA) fall practices for the 2008 – 2009 school year cannot begin until August 18<sup>th</sup>.
- On August 18<sup>th</sup>, August 19<sup>th</sup>, and August 20<sup>th</sup> both the 7<sup>th</sup> and 8<sup>th</sup> grade will practice after school in the PLMS gym until 5:30pm.
  - On August 18<sup>th</sup> come to school prepared to go to practice directly after school. Bring gym clothes, knee pads, practice shoes, and a good, committed, positive attitude!
  - There will be an activity bus on these days. The activity bus does not take students home. One activity bus will drop off at the old high school in LeCompton, LES, and WES. The other activity bus will drop off in Grantville. As next school year's bus schedules are not complete at this time, more information about the activity bus will be relayed to you during 2008-2009 enrollment. If you have any questions about the activity bus after enrollment, please contact Josh Woodward at PLMS.
- August 21<sup>st</sup> thru the end of the season
  - 7<sup>th</sup> Grade
    - Practice will be held in the old PMS Gym (203 West Bridge St – Highland Community Center.)
    - Practice will end at 5:25pm. Athletes will be bussed back to PLMS after practice.
  - 8<sup>th</sup> Grade
    - Practice will be held in the PLMS gym.
    - Practice will end at 5:30pm.
- You **MUST** have a physical turned in to participate in volleyball practices.
  - If you did not participate in the physicals offered through the district on May 14<sup>th</sup>, please make sure you have a current physical on file for the 2008 – 2009 school year by the first day of practice. Physical forms are available at the PLMS office.
  - Team practices are very important; you must participate in at least 11 practices in order to participate in your first volleyball match.
  - For every volleyball practice you miss – whether it is excused or unexcused – you will need to run 2 Champions for each day missed before you can compete in your next match. (Don't worry, we will let you know what Champions are ☺)
- You will need to provide your own **WHITE** kneepads for the season. You can use your own, or you can purchase a pair of new, flat Nike or Asays (new style) white kneepads at practice for \$15 (regularly \$18 through Asays.) Please make checks out to PLMS. If you cannot afford white kneepads, please see me.

I, along with the volleyball coaching staff, am looking forward to a great season filled with learning, hard work, commitment, and fun. I look forward to seeing you at practice on August 18<sup>th</sup>!

If you have any questions or comments, please contact me at [cbrown@usd343.org](mailto:cbrown@usd343.org) or at 785.633.6788 after 7pm.

Looking Forward,  
Christian Brown, PLMS Head VB Coach

### Coaching Staff

Julia Pennel, 7<sup>th</sup> Grade Head VB Coach – [julia\\_linn@yahoo.com](mailto:julia_linn@yahoo.com)

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