

# Wildcat Volleyball



Dear Student Athletes and Families,

Welcome to the 2023 season of Wildcat Volleyball! We are excited to get started and looking forward to another successful season. This letter is to review some important information, policies, and expectations for the Endicott-St. John-LaCrosse Middle School Volleyball program.

ESJL is a no-cut school, which means everyone who wants to play, gets to play! It is okay if your daughter does not know how to play volleyball; now is her opportunity to learn. We are here to teach the sport and our teams will vary in skill level so that we can tailor the instruction given to each particular team. The number of teams we have will depend on the number of girls who decide to participate. Last year, for example, we had a varsity, junior varsity and a c-squad.

The season will begin on January 3rd and run through the end of February. Practice will occur right after school, 3:30pm-5:30pm. We will practice every day (Monday-Friday), besides game days, unless otherwise stated by the head coach or athletic director. Game days have not yet been specified, a schedule will be provided at a later time. It is important to know that volleyball is taken seriously at ESJL and requires dedication and commitment.

## Eligibility:

In order to participate in volleyball, all athletes must have on file at the front office:

- A current physical examination – no more than 24 months
- Medical Emergency Information/Athletic Travel Permission form
- Proof of either family medical insurance or proof of purchase of school insurance covering school activities and sports
- Sport Rules and Expectations (Provided by head coach on first day of practice)

A game schedule will be handed out on the first day, as well as player and parent expectations. Your athlete will need gym shoes, black shorts or spandex (for games and practice), knee pads (preferably black), and a jersey (provided by the school). The only fee will be a team sweatshirt. We cannot wait to see you on January 3<sup>rd</sup>!

Go Wildcats!

Jenn Johnson (Head Coach)

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