

7th Grade Volleyball 2017-2018 School Year

Coaches:

Head Coach: Jessica Hazelton jessica.hazelton@indianola.k12.ia.us
Asst Coach: Kayla McGrew kayla.mcgrew@indianola.k12.ia.us
Asst Coach: Nicole Metz nicole.metz1@aol.com

General Information:

- Updated Concussion and Physical forms are required on file prior to the first day of practice. Student athletes should still attend practice as non-participants if they do not have forms completed.
 - All sports at IMS are No-Cut based on athletic abilities. We would like to encourage all student athletes that want the opportunity, to participate in school sports. Students interested in a sport should attend beginning at the first practice date. Students will only be eliminated from teams for gross misconduct or refusal to follow behavioral expectations.
 - Please promptly pick up your student athletes adjacent to the gymnasium doors on the northeast corner of the building. Students will exit from the Fieldhouse gym doors.
 - Practices will run from 3:20-5:20 M, T, Th, F and 4:00-5:20 W.
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Volleyball 7th and 8th grade

Practices: 3:20-5:20 PM @ Field house (Tee-shirt, shorts, tennis shoes, knee pads preferred)

Schedules: <http://www.littlehawkeyeconference.com/public/genie/206/school/645/>

Season: August-October

Teams are divided by ability and the players can move between teams as needed. Each team has 9 scheduled matches. Games start at 4:30, unless there is mutual agreement to start at another time. A match consists of best 2 out of 3 games. Guidelines and rules established by the Girls' Athletic Union are followed. Admission at all middle school events is \$3.00 for adults and \$1.00 for students K-12.

All schools in the conference play at a two-court site. The A and C games are played simultaneously with a 50 minute time limit. The B and D (if numbers allow) follow with a 50 minute time limit. Teams play the entire time limit unless there is a mutual agreement between athletic directors to change the format. There are five-minute warm ups between matches. The first two matches are played to 21; however, the team must win by two points, with no scoring cap. If a third game is required, and it is a deciding game, the game goes to 15 points, unless the 50 minute time limit has expired. Reserve Games: Lower level games are scheduled

by mutual agreement of schools involved. When these games are scheduled, the rules for the two-court site, as well as the rule on officials, remain in effect.