

Middle School Volleyball League

4th/5th/6th – Saturday mornings

7th/8th- Saturday afternoons

Where: surrounding schools that are participating. Transportation is NOT provided.

When: Games will be played from February through the beginning of April. Practice will start mid-January or when notified.

Cost: \$40. Game T-shirt included

Practice Times: Sunday's for sure (afternoons). Last year it was Wednesday night which did conflict with Church, but I do want your kid to choose Church and come to volleyball practice for a half hour or whenever they can!

Coaching Staff: I, Kylie Nagel, will oversee the program as I have done in the past. I schedule all practices and make teams for Saturday's games and coordinate the home tournament. **In years past I had run all practices, this year I'll start the season with 5 practices and continue to set up gym times for coaches but coaches will be responsible at the practices!** If this needs modified or help I'll step in. **This year I am requiring a parent coach to be responsible for coaching the teams.** A team for your grade will NOT be formed unless I have a parent volunteer or you can find a volunteer coach. A lot of my high school help is busy in other sports or too young. **Please contact me if you'd like to volunteer coach and for what level!!**

This is a fun learning league put on by the head coach in Cascade. The games will be played at schools that are willing to host. The kids will be working on volleyball skills and team building.

Players will need to attend practices to get playing time. After missing 3 practices games will be missed based on practice time missed. Last year we had too many players missing practices but showing up for games with no excused absences. (Wednesday's are exceptions for missing)

Please contact me at kylie_mcdonell_17@hotmail.com or 319-821-3005 with the following information **by December 18th**. If you contact me with the information below I will assume your daughter is playing and will send out practice times in an email/text message. I will send an email on December 18th with numbers of girls playing and **IF** we have coaches for the grades. If you are in 5th/6th/7th/8th grade and have already signed up for USA Volleyball please disregard this message. At the first practice parents are welcome to come with any questions or concerns or contact me before.

At the first practice a parent will sign a waiver and bring the \$40 fee.

Name:

Grade:

T-shirt Size:

Are you interested in helping coach?

Email Address:

Cell phone number: