

FOURTH BAPTIST VOLLEYBALL NEWSLETTER

JV & Varsity

Pre-Season 2020

Pre-Season Schedule:

NEW! Bring your own exercise/yoga mat for personal use during pre-season.

Mon. Aug. 17 3:30-6:30

Tues. Aug. 18 3:30-6:30

Wed. Aug. 19 3:30-5:30

Thurs. Aug. 20 3:30-6:30

Fri. Aug. 21 3:30-6:30

Mon. Aug. 24 3:30-6:30

Tues. Aug. 25 3:30-6:30

Wed. Aug. 26 3:30-5:30

**Teams announced today*

**All athletic forms due today*

Thurs. Aug. 27 3:30-6:00

** Varsity only*

Fri. Aug. 28 TBD

**Varsity only. Rosemount*

Jamboree has been cancelled.

FULL SEASON SCHEDULE:

Available online:

fourthbaptistchristianschool.org.

Click link for WARRIOR

ATHLETICS google calendar.

WELCOME!

As we begin the 2020 volleyball season, we would like to invite your 9th-12th grade daughter to try-out for the JV or Varsity team. Coach Beth Webster (Webbie) has been the head varsity coach at Fourth for 14 years and has led the varsity program to many MACS championships, winning three in a row from 2014-16. Coach Sarah Stephens has coached volleyball at Fourth for eight years and is currently the JV head coach and assistant coach for varsity. We are excited to meet you and your daughter(s) and look forward to an exciting season!

COVID-19 AND VOLLEYBALL

Our goal is to keep athletes, coaches and managers safe this season!

In order to maintain a safe practice environment, the following precautions will take place during pre-season:

- Masks – will be required upon entering the building. Athletes must keep mask on until directed by the coach to remove the mask when practice begins. Parents entering the building must wear a mask and wait in the Atrium maintaining social distance. We request for parents to wait outside if possible.
- Upon arrival, athletes will have their temperature taken, will be asked to answer health screening questions and maintain social distance. Parents, if your child has exhibited any COVID-19 symptoms or has been exposed to anyone with symptoms, we are asking you to keep your child home.
- Coaches will keep a record of athletes attending each practice as well as health screening information.
- Athletes should come dressed and ready to go for practice. They should bring their own water bottle and towel. Locker



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room will not be available to use. Sharing of towels, shoes, clothes and water bottles will not be permitted.

- Hand sanitizer will be available for athletes to use before practice begins and to use at the end of practice.
- We ask for your patience as we work out details to follow our state and school guidelines. We will work hard to communicate with you as the season progresses and as protocols may change.

ATHLETE EXPECTATIONS FOR SEASON PLAY

- Complete required athletic forms:
 1. Sports physical – must be 3 years old or less.
 2. If sports physical is more than 6 months old, athlete and parent must complete the MSHSL Annual Questionnaire (available in the school office).
 3. Copy of Health Insurance Card on file in the school office.
**All items due Wed. Aug. 26th.*
- Arrive 10 minutes early (with mask!) to begin screening process and prepare for practice. We anticipate about 30 girls to attend pre-season, so screening will take some time!

- Stay home if you are sick or exposed to anyone with COVID-19 symptoms and text/email coaches ASAP about your absence.
- **NEW! Bring your own exercise/yoga mat for personal use during pre-season.**
- Bring correct shoes, kneepads (if desired) and athletic clothing. Per school guidelines: shorts must come “close to the knee” (this means past your finger tips when hands are at your side) and be loose fitting. No leggings or form fitting pants/shorts. Shirts must have sleeves – no tank tops and must be modest at all times (waist and neckline). Athletes whose clothing does not meet school guidelines will be asked to go home and get appropriate clothing. The office will not lend athletic clothing at this time.
- Bring your own water bottle and towel. Sharing is not permitted.
- Place your personal belongings in the Atrium as directed. Keep all clothing/items in your bag.
- Work Hard and Have Fun!

TEAM SELECTION

The JV and Varsity teams will be announced on Wednesday, August 26th at the end of practice. Due to increased enrollment and interest in the volleyball program, it is very possible that cuts may be necessary for both teams. This means that even though you attend pre-season, you are not guaranteed to make either the JV or Varsity team. No position is guaranteed and each athlete is expected to work their very best exhibiting not only their best in skill, but in sportsmanship and Christlikeness.

Coaches reserve the right to hold a position open for any athlete who cannot attend pre-season due to illness/injury based on past performance or knowledge of the athlete's performance.