



FOURTH BAPTIST

CHRISTIAN SCHOOL

August 9, 2023

Dear 8th-12th Grade Volleyball Parents & Players,

Pre-season volleyball practice for 8th-12th grade girls begins Monday, August 14th. Pre-season practice is required for the JV and Varsity volleyball program. If you have a conflict with your schedule, please reach out to one of the coaches as soon as possible.

- Practice: Athletes must be ready by 8:30am dressed and ready to go each day
- Bring your own water bottle
- Wear gym shoes (volleyball shoes preferred)
- Bring knee pads (required at this time until notified otherwise)
- Wear athletic shorts and t-shirt (no tank tops). Shorts must be loose fitting and closer to the knee (no leggings, spandex or tight fitting shorts)
- Athletic forms due to the office by **Wed, Aug. 16th**:
 - 1) Current MSHSL sports clearance physical or annual health questionnaire
 - 2) Copy of athlete's insurance card.

Pre-Season Schedule:

Date:	Time/Details:
Mon. 8/14	8:30am-noon
Tues. 8/15	8:30am-noon
Wed. 8/16	8:30am-noon
Thurs. 8/17	8:30am-noon
Thurs. 8/18 10 th -12 th grade only Managers attend	7:00am meet at FBCS. Depart for Rosemount Jamboree. All day event, athletes should bring food/snacks/money for the day. Schedules of games will be passed out to players/emailed to parents. Estimated return time: 5:30pm.
Mon. 8/21	8:30am-noon (JV/Varsity teams will be announced by today)
Tues. 8/22	8:30am-noon
Wed. 8/23	8:30am-noon
Thurs. 8/24 Varsity only Managers attend	8:30am-1:00pm meet at FBCS Team pictures will be taken off-site (carpool with coaches) Practice and scrimmage Bring snack for mid-morning break
Fri. 8/25 All JV/Varsity & Managers to attend	8:00am meet at FBCS. Away games vs. Community Christian (Willmar) 11:00am JV VB/12:15 Varsity VB 11:00am V Boys soccer Bring your own water/lunch/snacks Estimated return time: 4:00pm
Fri. 8/25 Varsity & Managers	Donut Night at Coach Johnson's Home in the evening. More details to come.

Season Schedule

Normal practice days are Monday, Tuesday, Thursday & Friday, 3:30-5:45pm when school is in session.

As we start the school year, we will have games the first two days of school:

- Monday, August 28th - @ Chisago. Dismiss at 3:15, Game at 5:00pm
- Tuesday, August 29th – HOME vs. Woodcrest, 4:00pm

Game Schedules are available:

- 1) In your orientation packet (subject to change)
- 2) Google Calendar for Warrior Athletics (find on our website – will update if needed):
<http://sports.fourthbaptistchristianschool.org/>
- 3) Facebook for occasional live-stream, pictures and updates:
FBCS Warrior Athletics
<https://www.facebook.com/groups/1923120101243870/>

Uniforms

Uniforms will be distributed to the team prior to the Rosemount Jamboree. Players are responsible for their uniforms throughout the season. Uniforms should be washed immediately after each game. Please HANG DRY uniforms – do not put in the dryer.

Coaches & Athletic Department:

Varsity Coach: Becky Johnson
507-676-4773
baj.glorify@gmail.com

Athletic Director & JV Volleyball Coach:
Sarah Stephens
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