

## Wredling Middle School/7th Grade Volleyball

### 2023 WMS Summer Camp: Volleyball

4th - 6th Grade M-F 8:00-9:30 am: Jul. 31- Aug. 4 WMS Gym

7th Grade M-F 9:30-11:00 am: Jul. 31- Aug. 4 WMS Gym

8th Grade M-F 11:30-1:00 pm: Jul. 31 - Aug. 4 WMS Gym

### 7th Grade Tryout Dates and Times:

- You must be at both tryout dates. ← ← ← ← ← Please let us know an advance if there are issues
- **Tuesday Aug, 15th 3:40-6pm**
- **Wednesday Aug, 16th 3:40-6pm**

### **Objectives:**

- It is Wredling's mission to promote both volleyball and personal excellence for each athlete. We strive to create and perpetuate an environment that builds a lifelong love of the game in a caring, respectful and supportive environment. We believe that volleyball is more than a game. Our objective is to establish a united community of athletes.

### **Coaches:**

- "A" Team Coach: Ms. Megan Zmich [megan.zmich@d303.org](mailto:megan.zmich@d303.org)
- "B" Team Coach: Mr. Martin Gabel [martin.gabel@d303.org](mailto:martin.gabel@d303.org)

### **Practices:**

- Monday - Friday after school from 3:40 to 5:30
- All athletes must be on the court ready to practice by 3:50
- If an athlete cannot be at practice then there must be advanced communication with the coaches prior to practice.

### **Transportation/Athlete pick-up:**

- **Practice ends at 5:30. Please have rides outside the athletic door at 5:30.**
- Athletes may go home with parents from games. Please sign-out with the coaches before leaving.
- Car pools or rides with friends **MUST** be prearranged before games. Athletes will not be allowed to go home with a friend without arrangements being made with the coaches prior to the game.

### **Games:**

- We expect professionalism and sportsmanship from our girls during all games.
- In most cases the "A" team will play first.
- We want and stress that the "A" girls stay and support the "B" team.
- Buses will be provided for all away games outside of St. Charles. Buses will be provided to games in St. Charles but not back to Wredling from the St. Charles school.

### **Equipment:**

- Athlete must have:
  - A water bottle to practice and games
  - Knee pads
  - Volleyball spandex (Black)
  - Athletic shoes for volleyball
  - arm/elbow sleeves
- The school provides game jerseys