

St. Benedict's 5th Grade Girls Volleyball Information 25-26

AT A GLANCE:

Registration	August 22nd- Mid October
Practice:	Fridays at the South Campus - Potential for scrimmages with the older teams.
Season:	Mid August-Mid October
Fees:	\$275- Includes a practice t-shirt, end-of-season banquet, equipment and coaching
<i>All teams are contingent on the amount of interest, coaches, and facilities.</i>	

Team Expectations:

1. All team members will need to have a completed medical clearance from a physician. This form will only need to be completed once a school year. For example, if your child has participated in Cross Country during the same school year, they will not need to complete another form. A copy of the form can be found here: [Medical Evaluation Form](#). Please hand in a hard copy by August 1st to Coach Goodwin or Mollie Gibson.
2. Parents and/or guardians are responsible for pick up and or drop off to practice locations. Practice will be held right after school on Fridays at the Middle School Campus field.
3. All interested players should be ready to learn and have an interest in playing volleyball with their classmates.
4. All skill levels are welcome. If we have too many players for the number of teams/coaches, there will be an evaluation process.

Registration:

Registration begins: May 15th, 2025

Registration ends: August 1st,
2025

Team Fees:

The fees will include: practice t-shirt, equipment, coaching, and end-of-season banquet.

Team Practices/Games:

The team will practice once a week from 2:45-3:45 PM at the Main Campus field. We will try to find a couple of scrimmages with comparable teams. Once we receive this information, we will communicate with parents immediately.

Attendance Expectations:

Players are expected to attend all practices unless sick or injured. Players and or parents must communicate with the head coach for excused absence. If any practices are canceled, the head coach will communicate through Gamechanger.

Transportation:

Parents are responsible for picking up and dropping off their athletes at the designated game and/or practice locations.

Clothing & Equipment:

Players will be responsible for wearing the appropriate clothing and gear to each practice and game. This includes tennis shoes, athletic clothing, knee pads, and a water bottle.

Academic and Behavior Expectations:

Student-athletes competing on the St. Benedict's volleyball team are students first and then athletes. Academics remain the utmost priority; should grades become an issue, a meeting will be held between coaches, teachers, administrators, and student-athletes to decide on appropriate actions.

Students are always representing St. Benedict's Episcopal School in training and games. Behavior during games and practices should be the same as when in school. We ask that athletes respect themselves and others, remain focused, always do their best, and follow the rules we establish as a team.

Safety during our team training must always be the top priority. Student-athletes must remain focused and safety conscious. If behavior becomes an issue, dismissal from the team may be the final consequence of inappropriate behavior. Remember, students represent themselves and our school on and off the field and should be honorable and kind to others!

Parent Volunteers/Coaching:

If you are interested in volunteering, please contact stbsathletics@stbs.org.

Team Communication:

Our primary form of communication will be through the Gamechanger App. You can expect any schedule changes or practice updates through here. Please make sure to download this app. In addition to Gamechanger, we will send a weekly email out to all parents for the week's schedule and longer updates.

We look forward to partnering with you and working with our student-athletes this season. If you have any further questions, please reach out to stbsathletics@stbs.org.