

# ATHLETICS PROGRAM QUICK FACTS

## Girls Volleyball

Season: Fall

Head Coach: Joshua Tag ([sanjat312@yahoo.com](mailto:sanjat312@yahoo.com))

Assistant Coach: Jamie Armintrout



**Dates and Fees:** See the website [www.tbcs.org/athletics/registration-fees-and-deadlines](http://www.tbcs.org/athletics/registration-fees-and-deadlines).

**Additional Costs:** Include equipment (see below) and any team-related trips and activities (see below).

**Practice and Game Schedule:** The varsity and JV teams practice weekdays from 4:00 p.m. – 6:00 p.m. The C team (on years we can field one) will practice from 6:00 p.m. – 7:30 p.m. Once the girls have their initial 10 practices in, the C team will only have practices or play in games 3-4 days per week. Varsity and JV have 16 regular season matches, generally played right after school, and one away tournament each. There are some exceptions with some matches taking place on a Saturday, or possibly at an away venue in the evening. Home matches start at 4:00 p.m. (JV) and 5:30 p.m. (varsity) and are played in the gym in the Main Building. Away matches occasionally involve early dismissals from class as we travel to matches.

**Transportation:** Transportation is not needed for practices as we stay at the school for training. For away matches, transportation will be provided by the school, and the expectation is that students will travel together on the bus or van. Students are not allowed to drive their own vehicles or arrange their own transportation.

**Uniform, Gear, and Equipment:** The school provides two uniform jerseys which must be returned at the end of the season. The girls wear black stretch/compression shorts during games which may be purchased independently or by completing the gear order form. Girls are highly encouraged to purchase high quality athletic shoes for the season. Volleyball shoes are recommended both for performance and injury prevention. Our coaching staff would be happy to make personal recommendations for any athletes with questions.

The registration fee includes two new practice T-shirts for returning players; the new player registration fee includes a gear pack containing a backpack, warm-ups (pants and jacket), hoody, practice T-shirts, and other miscellaneous items. Additionally, there are several optional team gear items that players may purchase a la carte including long sleeve shirts, kneepads, and compression shorts by filling out a gear order form prior to the beginning of the season.

**Retreats and Overnight Activities:** During the season, it is common for our teams to organize fun team activities, including evening/weekend bonding events and an away tournament. All of these associated costs are shared between the families participating and may be coordinated through the school or through parent organizers.

**Anticipated Levels of Play:** The volleyball program generally offers both JV and varsity teams. This is dependent on numbers at the start of the season, but as we do not cut players we will have at least two teams for the foreseeable future. The 2017 season featured both squads, and we are likely to add a C team for the 2018 season as well.

**Offseason and Preseason Activities:** The program both runs and encourages many offseason activities. Bear Creek promotes and encourages girls to sign up and play volleyball (or any other sports) through the various club programs in the region. Open gyms are run throughout the summer in bi-weekly evening sessions, and our program has Bear Creek summer volleyball camps for all ages; we also send a team to University of Washington's team camp. All team camps and clinics come at the expense of the individual families that choose to participate. Many club programs are available in the Puget Sound region at all levels of skill and time commitment, from once-a-week January to April practice-only squads to full competitive club seasons ending mid-summer.