## BELLMONT MIDDLE SCHOOL VOLLEYBALL

(6TH GRADE)

## First Official Practice

THURSDAY, AUGUST 15, 2024

6:00 P.M.-7:30 P.M.

BMS Auxiliary Gym

You will need: Kneepads and Full Water Bottle(s)

## \*MUSTS\*

\*\*\*<u>ALL</u> physicals, waivers and medicals forms must be submitted to the BMS Office before you may participate.
BMS Office hours are Monday thru Friday 7:30 A.M. to 3:30 P.M.

<u>DO NOT</u> bring your eligibility forms to the coach at practice.

Any questions please contact Bellmont Middle School Athletic Department 724-3137 or

Head Coach: Kim McCord 260-223-3784 or kimsmccord@hotmail.com