

BMS
Falcons
Volleyball
2025

Meeting Check-in

(bring a cell phone or chromebook and pen)

First-

- 7th graders- check in with Ms Borovec
- 8th graders- check in with Mrs Nitz

Second-

- Get a questionnaire from the table and begin to fill it out

Third-

- Chat quietly amongst yourselves

Coaches Introductions

Coach Otton-Marbut- Varsity 7th & 8th

Coach Anchors- JV2 7th

Coach Borovec- JV1 7th

Coach Gibson- JV2 8th

Coach Nitz- JV1 8th

Volunteers: Kennedy Croft, Emily Robello, Lalie Betschart, other THS volleyball players

WEEK 1- TRYOUTS FOR TEAM PLACEMENTS

Monday (2/20)	2:30-3:30 (pick up 3:30)
Tuesday-Thursday (2/11-13)	2:30-4:30 (pick up by 4:45 <i>at latest</i>)
Friday (2/14)	7:00 am-7:30 am

PRACTICE EXPECTATIONS

- ***Practice Attire:*** shorts/spandex/leggings, tshirt, knee pads, court shoes
- No airpods or cell phones at practice (even drink breaks)
- All players help get nets up, balls out and courts ready
- Get a name tag on for the entire first week
- Be a great listener and learner (no talking when coaches are talking)
- Be a hard worker and show us that you want to be here
- Be kind, encouraging and accepting- we are looking for great teammates!
- LOCKER ROOM- Clean up after yourself, be respectful, change and get out

ELIGIBILITY

- ***Must have all clearance finalized in ASB office***
- ***8 practices*** to be eligible to play in a game
 - Need to attend one of the two Friday morning practices (2/14 or 2/21)
- **Grades**
 - Must be passing 5/6 classes to play in games
 - Grade check- 20th and 13th
- **Attendance**
 - Must attend all classes to attend practice or a game (dr appt ok)
 - Must attend the practice before a game
 - Must contact a coach if you will be missing practice or a game
- **Behavior**
 - School policies, citizenship, PE (dress down and participate)

Games/Season information

- **Game Schedule** has not been created yet, but game #1 for some is 2/24
- **Uniforms-**
 - Jerseys will be provided to wear and return at end of season
 - Players will need to purchase their own black spandex or shorts to wear for games
- **Spirit Wear**-Link for team store to purchase “OPTIONAL” items coming soon
- **Game times** are typically 4:00 and 5:15
- **Home game days-**
 - All players will stay at school on home game days.
 - Your team coach will let you know where to be. ***No wandering halls.***
 - There will need to be at least 4 players from the team playing first to stay and do the lines for the next game. Coaches will create a schedule.
 - If you practice on a home game day, practice end times will be TBD- come support the team playing!

Away Games

- We will ride to all matches as a team.
- *If you will be riding with parents home, you will need to have completed a **TRAVEL RELEASE** form and turned it into the front office before the end of the school day to be processed*
- Pack snacks and a water bottle
- Be amazing on the bus.
 - Clean up after yourselves
 - be respectful of bus/bus driver rules
 - No loud screaming, or standing up
- You will need to get dressed in your uniform before bus departs, right after school
- Be respectful at all away schools. Sit as a team. Clean up bleachers. + Cheers.
- **Parent contact prior to arrival back to bms, to ensure they are there for pick up!.**

BMS VOLLEYBALL GOALS

- **Improve on the fundamental skills of volleyball**
 - Proper form to pass, set, serve and hit
- **Learn “the game” of volleyball and have fun doing it!**
 - Rules, rotations and strategies
 - How to move on the court and move to the ball
 - Have a whole lot of fun!
- **Be a great teammate**
 - Encourage each other and build each other up
 - Court communication
 - Off court kindness, respect, no-judgement, no drama
- **Be a great citizen**
 - STUDENT-athlete (student first)
 - Respect the locker room, gym, equipment, bus at BMS and all away games
 - Respect BMS coaches, opposing coaches, referees, line judges, custodians
 - Offer to help clean, put away, etc

Volleyball 101

- **Top Skills**

- Passing
- Overhand serving
- Setting
- Hitting- 4 step approach

- **The game of volleyball (watch top 5 highlights)**

- Things to watch for...
 - How they put the skills above all together (Goal pass/dig, set, hit)
 - How they move
 - How they communicate
 - The power, quickness and all out effort in each play

Kahoot!

**Get out your phone or chromebook and
log in to Kahoot**