Antioch Middle School
Fall 2024 Volleyball

Tryouts

Dates: July 22,2024- August 15,2024

Announce Volleyball team during Friday Announcements on August 15

Dismissal Procedure:

After bus riders are dismissed, volleyball players (during tryouts and after) will be dismissed. They are to walk directly to Gym and sit in the assigned section in the gymnasium until a coach arrives. Students are to bring all of their personal items needed for practice and going home. If any volleyball player is not in compliance with this process, there will be consequences given during practice.

Process:

- Athletes must be present at all practices from 4:00 – 5:30. Missing any date will automatically disqualify the athlete from playing on this team.

Criteria for eligibility to volleyball team:

- Coachability: the ability to take criticism from coaches and adjust how player is performing.
- Grade Average: Student athlete must have at least a 75 average from previous semester in ALL classes.

Forms necessary to try out:

- Student athlete must have a completed physical signed off by physician

5050 Blue Hole Rd, Antioch, TN 37013

P: 615-333-5642

E: antiochmiddle@mnps.org

Antioch Middle School
Fall 2024 Volleyball

Parent Letter

Parent/ Guardian,

We would like to welcome your student-athlete to join the Antioch Middle School 2023 Fall Volleyball Team. We will have a parent meeting on Monday August 16th directly after practice. This is a good time to bring your cash for the player fee of $50.00. This player fee MUST be paid before the 2nd game, otherwise your athlete will no longer be eligible to be on the team. Player fees will cover referee costs, jersey upkeep, volleyball equipment. Student athletes must have knee pads, appropriate work out shoes and clothes, and a refillable water bottle. We will also have a fundraiser this year to be able for each girl to have their own individualized water bottle and game day t-Shirt to wear at school. Games are typically on Monday's and Wednesday's, there might be one Friday game day. Each game day we play 2 schools, games begin at 5:00, some days we might be done as early as 7:00; others we might be playing until 8:00 depending on the timing of our games. If it is going to be a long game day, we will do our best to have snacks available to the athletes. We will have a sign-up sheet for parents that are able to volunteer to bring snacks. When we have home games, we might ask a parent to be a line judge if we do not have another adult volunteer. The season runs from August 16 – September 15. Each game is $3.00 per person school age and above. Following the regular season there will be Division Tournament (week of September 18) tickets will be $5.00 per person of school age and above. City Tournament (week of September 25) $5.00 tickets. Sectional Tournament is September 30, $5.00 ticket price also. Because we know the dates of the tournaments ahead of time, we require that parents do not schedule other activities on these dates. We are excited for the opportunity of working with your student athlete and engaging in fun indoor activities. Please see below the required student/ parent contract. Your student cannot begin this exciting opportunity until this form and all other required forms are turned in. Please let us know if you have any questions or concerns throughout the season. Go bears!!

For information on district rules and regulations please see the MNPS Athletics website at https://mnps.org/learn/athletics.

Coach Jones

Volleyball Coach
Mjones7@mnps.org

Coach Mac

Volleyball Coach
Artrell.Mcmillian@mnps.org

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Transportation Permission Form

I, _____(Print Name of Parent/ Guardian) , give my permission for, _____(Name of Student Athlete) to be transported by bus, van, or insured private vehicle to and/ or from off campus Fall 2024 Volleyball Meets with licensed parent drivers, teachers or coaches when/ if necessary.

I hereby release, discharge, and indemnify Antioch Middle School, its administration, staff, employees, officers, directors, coaches, volunteers, insurers, agents, and representatives from all claims, causes of action, liability of damages arising out of, or relating to the transportation of my student athlete.

_____ _____

Print Name of Parent/ Legal Guardian Date

_____ _____

Signature of Parent/ Legal Guardian Phone Number

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Fall 2024 Volleyball

Student Athlete Contract (student copy)

1. Student athletes will not practice or participate in competitions without the necessary paperwork (insurance forms, health forms, progress reports, waivers, etc.)
2. All equipment issued to you will be checked in at the completion of your season. You will pay for missing items that were assigned to you. Jerseys will cost $50.00 if not returned or if returned damaged. Student accounts will be charged if the fee is not paid.
3. Student athletes must maintain a C average in all subjects. Students must email a screenshot of their grades from Schoology prior to each game to both coaches. If this is not received prior to the game, the student will not be eligible to play that game. (Student/ Athlete may be signed up for tutoring if grades begin to suffer).
4. Student/ athletes must come to all practices unless otherwise cleared by either coach. (Coaches discretion).
5. Athletes must always demonstrate sportsmanlike behavior.
6. Locker Room Policy: Student Athletes cannot store their personal items in the locker room unless we are at practice. Locker rooms will remain locked before and after practice daily.
7. Cell Phone Policy: Student Athletes can charge their phones during practice if necessary, however cell phone use is prohibited unless approved by a coach to contact a parent or guardian.
8. Appropriate workout attire and knee pads must be worn at all practices. Without appropriate workout attire and knee pads students will be asked to call their parent to go home and will not be allowed to play the next game.

I accept the role of being a part of Antioch Middle School Athletics, during the 2024-2025 school year. I have read the student contract as stated above and I understand, accept, and will abide by all the rules and regulations as stated in the grades and behavior contract. I understand that failing to abide by these could result in discipline or dismissal from the team.

Student Athlete Contract Sign Page:

Coach Copy:

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P: 615-333-5642

E: antiochmiddle@mnps.org

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_____ _____

Print Name of Student Athlete Date

_____ _____

Signature of Student Athlete Phone Number

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Parent Participation Contract (parent copy)

I, _____ (Print Name of Parent/ Guardian), agree that to the best of my ability, I/ we will participate in the following requests of my student athlete and Antioch Middle School.

1. Be on time picking my student athlete up from practice/ games.
    a. 15 minutes tardy will result in a call from school staff/ coach, picking up an athlete late 3 times will result in student dismissal from team.
2. Assist on meet/ tournament days as requested. (Line judge, transportation, organization of 8th grade night)
3. Communicate with the coach directly via text/ email provided by the coach at the beginning of the season.
4. Agree to pay $50.00 student athlete fee and provide knee pads for athlete.
5. I understand, accept, and will abide by all the rules and regulations as stated in the grades and behavior contract.
6. I will conduct myself in accordance with all school rules, state, and municipal laws in a manner that reflects positively on Antioch Middle School.

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Parent Contract Sign Page:

Coach Copy:

_____ _____

Print Name of Parent/ Legal Guardian Date

_____ _____

Signature of Parent/ Legal Guardian Phone Number

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Code of Conduct for Student Athletes

1. Grades will be reviewed prior to every game. Athletes must maintain a C average in every class, athletes will provide both coaches with a screenshot of their Schoology grades via email prior to every game.
2. Athletes on academic probation will be required to maintain a daily behavior log provided by and reviewed by the coach. Athletes will also be required to attend weekly tutoring sessions. Failure to improve the grade(s) will result in removal from the team.
3. Be present at all practice sessions.
    a. Must get verbal approval from the coach **prior** to practice to be excused.
    b. Athletes must show up in appropriate attire for practice. This includes appropriate clothing, tennis shoes, and knee pads.
4. Following safe and effective athletic training rules demonstrated by coach.
5. Display respect and good sportsmanship always to all coaches, teammates, and support personnel.
6. Refrain from use of tobacco, alcohol, drugs, and activities that can hurt you or your teammates.
7. Maintain good hygiene (clip nails, wash dirty equipment/ apparel, shower after practice).
8. Be a good role model to our school community.
9. Use appropriate language, dress, and manners at all times.
10. Show up ready to learn and give 100% effort each day!!!!

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Coach Promise

As your coaches, we will do everything that we can to help you student become a champion, which includes:

1. Providing the opportunity to participate in a safe environment
2. Teaching the sport, improving the student athlete's weaknesses, and making their strengths better.
3. An efficient training program.
4. Character development and guidance.
5. Fair and impartial treatment.
6. Firm disciplinary action for anyone who displays unsportsmanlike conduct, breaks the rules, and/or contract.
7. Treat all athletes with respect.

Coach Jones
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Volleyball Coach
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Coach Mac
615-775-1239
Volleyball Coach
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