

BELLMONT MIDDLE SCHOOL

VOLLEYBALL

(6TH GRADE)

First Official Practice

THURSDAY, AUGUST 14, 2025

3:15 P.M.-5:00 P.M.

BMS Auxiliary Gym

You will need:

Kneepads and Full Water Bottle(s)

MUSTS

***ALL physicals, waivers and medicals forms must be signed and uploaded to FinalForms before you may participate.

BMS Office hours are Monday thru Friday 7:30 A.M. to 3:30 P.M.

DO NOT bring your eligibility forms to the coach at practice.

Any questions please contact

Bellmont Middle School Athletic Department 724-3137 or

Head Coach: Emma Mills- emmamills33@icloud.com