

Cypress Fairbanks Independent School District  
**Special Olympics Volleyball**

Dear Parents,

The 2025 Special Olympics volleyball season will soon begin. All athletes must be at least 8 years of age, enrolled in a Cy-Fair ISD school and required to have a yearly physical before they can practice or compete. Please plan your schedule accordingly through the area meet. Coaches will provide more detailed practice and competition information as it becomes available. Please notice the dates before coming to practice. The fall schedules made it challenging, with football and volleyball games, swimming ending, and bowling will begin in October also. Volleyball is a co-ed sport, has no cost to participate and we encourage you to join us!

## **Volleyball Schedule**

Practice days: Wednesdays (and 1 Thursday!)

Time: 6:30 -- 8:15 p.m.

Dates: September 17 and 24

October 1, 8, 16, 22 and 29

\*Please note there is no practice Wed. Oct.15<sup>th</sup> and is on the 16th this week!\*

November 5 if needed

Practice Location: Aragon Middle School  
16823 West Rd Houston 77095

Area tournament

date and location: More information will follow

Our practices will run a bit differently this year. We will be practicing one night per week and will have two separate groups. Our skill level/individual skills athletes will practice from 6:30-7:15 p.m. The team athletes will practice from 7:15 -- 8:15 p.m. If you are not sure where your athlete will be, please come at 6:30 to the first practice for an evaluation.

Athletic shoes with socks, t-shirt and shorts are recommended attire for volleyball players. A filled water bottle is also recommended. Appropriate attire is required for practice, keeping in mind that safety and comfort are primary. Uniforms will be handed out before our competition. Keep in mind, if you are part of a team, your team depends on you for practice, games and competition.

Particularly with team sports, training as a team is a priority. Only under extenuating circumstances (i.e. needing numbers to fill a team) and at the discretion of the coordinator and head coach will any new athlete be allowed to join the team later in the season. The medical form must be current, less than one year old. Only the Special Olympics Athlete Enrollment/Medical Release Form will be accepted. Physical forms may be accessed on the district website. Visit [www.cfisd.net](http://www.cfisd.net) and search Special Olympics, or I have attached it to this if you are receiving an email. PLEASE BRING A COPY OF YOUR ATHLETE'S CURRENT MEDICAL FOR FIRST DAY OF PRACTICE AND KEEP A COPY FOR ADDITIONAL COPIES AS NEEDED. A COPY IS REQUIRED FOR EACH SPORT (i.e. participation in volleyball and track will require two copies—one for the volleyball coach and one for the track coach and so on.)

Looking forward to a great season! Any further questions please email [melissa.mckay@cfisd.net](mailto:melissa.mckay@cfisd.net).

Go Cy Fair!  
Melissa McKay