HIGHLAND MIDDLE SCHOOL

7/8th GRADE VOLLEYBALL

Hello and Welcome to Highland Middle School Volleyball!
We are excited to start our season on **Monday**, **October 26th!**

In order to be eligible for sports, you must complete the following 3 items:

1. **REGISTER** for your sport using Final Forms.
    - **Parents** AND **Students** must login to **sign forms** in Final Forms in order to be eligible to participate.
2. Have a **CURRENT PHYSICAL** uploaded to Final Forms or on file with the Athletic Office - sports physicals are good for two years. Your child CANNOT stay for practice without a current physical on file.
    - WIAA Preparticipation Physical Form
3. **PAY YOUR FEES**: HMS students-athletes are required to pay a one-time $35 Participation Fee and $25 ASB Fee
    - Fees can be PAID ONLINE HERE or you can pay at our Business Office.

Practices:

Students need to participate in **7** practices in order to be eligible to play in games.
The **first two weeks**, practices will take place **Monday - Friday and then transition to Monday-Thursday for the rest of the season.** Because of limited gym space, athletes will alternate between morning and after-school practices.

- **Morning Practice:** doors closest to gyms off Bob Olsen Ln will be open at 6:00 a.m. Practice is 6:15-7:30 a.m.
- **After-School Practice**: takes place in the gym, right after school from 2:30- 4:45 p.m.

After practices, students need to have:

1. a ride available to pick them up at 5:00, *or*
2. permission to walk or ride their bike home, *or*
3. signed up to take the **Activity Bus.**
    - **Please make sure your child is registered to ride the late activity buses after practices. Your child will not be allowed to board the activity bus if you have not registered for the 2026/2027 school year.**
    - [Click Here] to register. **You only need to do this once for the whole school year!**
    - [Click Here] and scroll to page 4 to see which bus your child needs to ride. It's important your child knows which **route color** (ex: red, blue, yellow, or green) to get on. They also need to know their stop. ***Activity buses do not stop at regular after-school bus stops.***
    - If you are not sure if you have registered, please contact the transportation department at: transportation@mead354.org

After Games:

- Games will end after the 5:00 activity buses leave, so please have transportation available at Highland after each home game or after the bus returns to the school after an away game.

- You may also take your student home straight from a game if you sign them out with their coach

In the event of school being canceled, all practices and games will be canceled.

Schedules:

Coaches will hand out team specific game schedules after the first week of practice.

Uniforms and Equipment:

- Highland will provide a jersey for our games.
- Students will wear their own pair of **navy blue** or **black** shorts for our games.
- Jerseys will be returned and inventoried at the end of the season.
- Athletes will only receive one jersey for the season
    - **If an athlete forgets their jersey on the day of a game, they will not be allowed to borrow a second one and may not be able to participate in the game.**

You will need the following for the beginning of the season:

- **Practice Clothes**- Athletes will wear their own athletic clothing and shoes for practices.
- Knee pads are highly recommended

Additional Highland Middle School gear is available [here]

Athletic Eligibility:

Students need to participate in **7 practices** in order to be eligible to play in games.
Grade checks will be conducted every two weeks.

- Students are required to be passing a minimum of five (5) full-time subjects in order to be eligible for participation in sports.
- In addition, an athlete must achieve either a 2.0 GPA or be earning at least a “C” in four (4) full-time subjects, or be placed on academic **probation** for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a “C” in four (4) full-time subjects, that athlete is placed on academic **suspension**.
    - While on **probation** student athletes will not be limited in participating in a sport. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
    - While on academic **suspension** student athletes will **not** be allowed to participate in activities, suit up for games, or travel with the team.
- Click [here] for our more information on athletic eligibility including attendance, travel, and our athletic code of conduct

Other general athletics information can be found [Here]

If you have any other questions please feel free to reach out to our athletic director, Marcy Gallinger (marcy.gallinger@mead354.org) or the head coaches:

(7th Head Coach) Anna Conner anna.conner@mead354.org

(8th Head Coach) Steve Rupe steve.rupe@mead354.org