

# West Valley Middle School

## Girls Volleyball

Dear Volleyball Parents:

I know that it is still the summer and that you are probably not even thinking about volleyball yet. However, our fall season begins as soon as school starts, so I wanted to send out some info as soon as possible. It will still be a few weeks before we even get the first draft of our schedule from the league. Hopefully, we should have it a week or so before school starts. For now, here is some basic info.

The 5<sup>th</sup> and 6<sup>th</sup> grade girls will be playing together on one team—entering in the “C” Division of our Silicon Valley Athletic League. The 7<sup>th</sup> and 8<sup>th</sup> graders will be playing together on a different team—entering in the “A” Division of our League.

The fee to play this season is \$50. The players will receive a uniform to wear for the games; however, the uniform will need to be turned in at the end of the season, as the fee covers costs like referee charges, gym fees, and equipment. We will also need your permission for your child to ride in the school van and/or with other WVMS parents to and from the games. If we do not have your permission, then we will not be able to transport your daughter to and from the games.

We will be playing against many nearby schools—teams like Merry Hill, Almaden Prep, etc. Most of these games will be played at the Campbell Community Center. Some games (against those who have their own gym) will be a little bit further away—teams like Los Altos and Valley Christian.

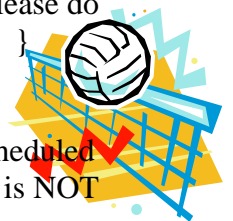
The **games** for this Fall Season will be played in September-November. Most of the games will have a start time of 3:30 or 4:30pm.

{If you are unable to attend a game, it is OK for your daughter to bring a cell phone to the games so that you may keep in contact with her. However, please remember that the phone is her responsibility and we cannot hold her phone for her while she is playing. Furthermore, please do not expect your daughter to answer your phone call while she is playing in the game! =- ) }

**PRACTICES** for the 7<sup>th</sup> and 8<sup>th</sup> grade team will be held every school day during their scheduled PE time. Practices for the 5<sup>th</sup> and 6<sup>th</sup> grade team will be held every school day (that there is NOT a volleyball game scheduled) from 3:15-4:30pm.

The first day of practice will be **September 2<sup>nd</sup>** (the first day of school). The girls will need to wear athletic shoes and comfortable clothing (no jeans, skirts, etc.). The PE uniform would be perfect! Every player needs to have (and wear!) a pair of volleyball knee pads to every practice and every game. It is not a good idea to have newly pierced ears during the season...as the referees will not allow the players to wear jewelry during the games.

In addition to these practices, we will also be having non-mandatory **serving practice** two times a week in the mornings before school. This will be held from 7:30-8am every Tuesday and Thursday during the season (beginning with Tuesday, September 2<sup>nd</sup>). This important time will



solely be spent practicing the essential skill of serving and will hopefully not get your daughter too sweaty before the school day begins. This serving practice will be open to all players on both teams. Knee pads are not necessary at these serving practices.

For those of you who are interested in both Volleyball and Cheerleading, we are making arrangements so that conflicts will be as minimal as possible. Both myself and the Cheer Coach understand that there will be some conflicts and have agreed to be flexible with regards to girls that choose to participate in both sports. However, please be aware that if you choose both, your daughter will NOT be able to attend every game and every practice of both sports. (please let me know if you would like more info in regards to this)

The end of season volleyball party is scheduled for Thursday, December 3<sup>rd</sup> at 6:30pm. Please mark this date on your calendar. Parents and family are welcome to attend with their players.

As I mentioned before, we do not yet have the season game schedule from the league. However, here are some important dates to remember:

**August 18-21<sup>st</sup> Volleyball Camp at WVMS** (cost for the camp is \$60) This is a volleyball camp for grades 5<sup>th</sup>-8<sup>th</sup>, and is a part of the WVMS summer program. It is a very good opportunity for new players-or for those who just can't wait to start playing volleyball. You can sign up for this in the WVMS school office. The times of the camp are 9:30-11:30am.

**August 21<sup>st</sup> 6-7pm WVMS Parent Info Night.** Wouldn't it be great if we had our game schedule by this evening? Attend the meeting and find out!!

**August 25<sup>th</sup>-28<sup>th</sup> WVMS Volleyball Pre-Practice** (no-cost). In an effort to jump-start the season, we are starting practice a week before school starts. Because this is still summer break, these Pre-Practices are not mandatory, but are highly recommended. The times for this week are:  
1pm-2pm for the incoming 5<sup>th</sup> and 6<sup>th</sup> graders  
2:30-3:30 for the incoming 7<sup>th</sup> and 8<sup>th</sup> graders

**Tuesday, September 2<sup>nd</sup>!!!** First day of school and first day of Mandatory Volleyball Practice. Come ready to play!! 5<sup>th</sup> and 6<sup>th</sup> grade practice is at 3:15-4:30pm; and the 7<sup>th</sup> and 8<sup>th</sup> grade practice is during their scheduled PE time.

**Tuesdays and Thursdays, beginning with Sept. 2<sup>nd</sup>** Non-Mandatory serving practice. Held at WVMS every Tuesday and Thursday, from 7:30-8am.

**Saturday, October 11<sup>th</sup>. Possible Tournament at St. Victor.** We have entered into the St. Victor's grass tournament. We will not know for sure if they will accept us into the tournament until late September, but I wanted to give you the date now, so you would be ready for it. (We have been accepted into the tournament every year we have requested, so it is likely that we will make it in, but it is not a guarantee yet that we will qualify) This is an (almost) all day grass tournament. We play at least three games ....and continue playing if we win some of the games.

Please let me know if you have any questions throughout the season.

Coach Darci Gruenberg

WVMS Athletic Director

[coachdarci@actiondayprimaryplus.com](mailto:coachdarci@actiondayprimaryplus.com)

To West Valley Middle School,

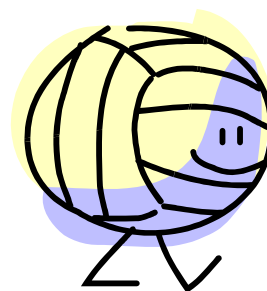
YES!! My daughter would like to play Volleyball this season. I understand that my WVMS account will be charged \$50 for the season and I will return the uniform after the last game. I will do my best to ensure that she attends as many practices and games as possible.

Please check one of the following:

I give permission for my daughter to be taken to all WVMS volleyball games by either the WVMS van or with another WVMS parent driver. I understand that if I am not at the game by the time it is over, my daughter will be driven back to WVMS after the game.

I do not give my permission for my child to ride in the WVMS van or with another WVMS parent. I will transport my child to/from every game.

\_\_\_\_\_  
Child's Name



\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date