



# **New Berlin Junior High Volleyball 2025-2026**



## **Rules and Information**

**8th Grade Coach: Kaytee Grider: (217) 371-0737**

**7th Grade Coach: Carrie Vogler: (217) 816-5869**

**6th Grade:**

Welcome to the Junior High Volleyball season!

We're so excited to have you as part of our volleyball family. Our goal is to help each player grow as an athlete, teammate, and person — all while having fun, learning new skills, and representing our school with pride.

Below are our **team expectations and guidelines** to help the season run smoothly for everyone. Please review these together as a family.

### **Game Attire**

- Navy blue spandex
- Knee pads
- Gym shoes (with good traction)
- Uniforms
  - 3-4 uniforms provided - all jerseys to be brought to **ALL** games
  - Do not wear jerseys to school
- Elbow pads (optional)
- Team shirts & leggings to and from every game

### **Player Expectations**

#### **Practices**

- **MANDATORY**
- Practices are **very important** — they help us build skills and team chemistry!
- Unless notified otherwise, practices will be held at the **Elementary School**.
- Practice times may vary depending on gym availability and cheer schedules — please check the **attached calendar** and **GroupMe** for updates.
- Arrive **15 minutes before** practice starts so we can warm up and prepare.
- Everyone helps with setup and cleanup — teamwork makes it go faster!

#### **Games**

- For **away games**, please arrive **10 minutes before bus departure**. All players are expected to ride the bus to the game.
- For **home games**, arrive **45 minutes before game time**:
  - 5:00 PM game → arrive by 4:15 PM (6<sup>th</sup>)
  - 6:00 PM game → arrive by 5:15 PM
- Net set up / take down
  - 8th grade sets up the net for the 6/7th grade game
  - 6th & 7th grade help take down the net after the 8th grade game

#### **Warm Ups**

- Everyone helps collect the balls (shag) during warm-ups:
  - 7th / 8th help 6th
  - 6th/8th help 7th
  - 6th/7th help 8th
- Gym shoes must be worn while shagging - **IESA RULE**
- No phones or heads phones - **IESA RULE**

#### **Nutrition and Hydration**

- Please eat a healthy meal or snack before games and tournaments.
- Avoid candy or soda — your body needs good fuel to play your best!
- Drink plenty of **water** before and during games.

#### **Team Spirit**

- We sit together as a team to support one another!
- Cheer loudly and positively for teammates.
- Phones stay put away unless prior permission is given.
- Quick restroom or concession breaks are fine.
- Always keep our area neat — clean up before leaving.
- Before leaving, everyone helps check locker rooms, bleachers, and buses for belongings or trash.
- We end each game together as a team in the center of the gym.

### Player levels and Time

- Coaches may move players up or down based on **skills, team needs, and position**.
  - Coaches will make these decisions carefully and respectfully.
- Player eligibility:
  - 6th can play up to 7th/8th
  - 7th can play down to 6th or up to 8th
  - 8th can play down to 6th, but cannot play down to 7th
- Playing time on 7th and 8th grade teams is **not equal** and depends on:
  - Effort and attitude
  - Skill development
  - Attendance and commitment
- If players have concerns about playing time, they are encouraged to **talk directly to their coach**. Coaches will only discuss playing time concerns with players.

### SIGN OUT SHEET - AWAY GAMES

- Parents - If your daughter is riding home with you after an away game, please be

sure to sign them out. The sign out sheet will be with the coaches.

- Players - please do not leave without making sure your parents have signed you out.
- If your child is riding home with someone else, I will need approval **BEFORE** the game.
  - This can be received via email, text, or group me from a parent given them permission to do so
- This helps us coaches make sure we have everyone on the bus that should be!

### Attendance

- Practices are **mandatory** for all players.
- Excused absences include illness (please notify a coach), family emergencies, or approved school activities.
- Please notify a coach **before** missing any practice or game.
- Unexcused absences (such as appointments, babysitting, vacations, etc.) may affect playing time. An unexcused absence will result in sitting one game of a match.
- Arriving late may result in extra conditioning — being on time helps the whole team!
- Remember: Being present helps you grow and stay connected with your teammates.

### Sportsmanship and Team Culture

- Always show **respect** to teammates, coaches, referees, and opponents.
- Be **coachable** — come ready to learn, try your best, and grow.
- **Bullying or unkind behavior** will not be tolerated.

- Encourage each other — everyone contributes to our success!

## Parent Support

We couldn't have a successful season without you — thank you for being part of our volleyball community!

### How You Can Help

- Complete and return all paperwork (including uniform/shirt sizes).
- Download the **GroupMe app** for team communication and updates.
- Volunteer when possible! We appreciate help with:
  - Scoreboard/clock
  - Book keeping
  - Libero tracking (home games)
  - Concession stand shifts
- Please **sign out your child** after away games if they're not riding the bus home.
  - If your child is riding with someone else, notify the coach **before** the game (text, email, or GroupMe)

## Special Events

- **Pretzel Tournament** — our big fundraiser!
  - We'll ask families to help with concessions, gate, hospitality room, or donations.

## Questions or Concerns

We value open communication.

Please feel free to contact coaches by **call, text, or private GroupMe message** for questions or updates.

For game-day concerns, there is a 24-hour cool-down period after games to meet with parents about something that happened. Please do **not** approach any of the coaches before, during, or after games with concerns.

*Not every event can be covered in this guide. Any other incident that takes place during the season will be resolved at the discretion of Coach Kaytee Grider in collaboration with the athletic director and assistant coaches.*

- More information to come.

- **8th Grade Night** — a special celebration for our graduating players!
  - Boosters provide cupcakes, drinks, and a flower for the 8th grader

## Fundraisers

We'll be holding several fun fundraisers throughout the season:

- **Pretzel Tournament**
- **Serve-A-Thon**
- **Team Shirt Sales**

Your participation and support make these events possible — thank you!