



Wildcats Volleyball Program 2023-2024

Ben Steele Middle School



Dear Players and Parents:

Welcome to the Wildcats Volleyball program at Ben Steele Middle School! We are excited about the opportunity to get to know you and are looking forward to a happy and productive season.

Our mission statement here at Ben Steele is as follows:

- To better the sport by improving your knowledge and application of skills learned,
- To create a fun, positive, and competitive learning environment to better yourself and others around you, and
- Applying the hard work, resilience, good sportsmanship and competitiveness learned in all aspects of the student athlete.

This season we will focus on the following sport specific areas:

- Fundamentals of forearm passing, overhead passing/setting, spiking, blocking, and serving,
- Rotations and body placement while in base, defense, and receive,
- Rules and strategies of volleyball, and
- Learning and displaying appropriate sportsmanship skills.

In order for you to participate in the games, you must complete the following list the day before a game:

- Pass all of your classes with a 60% or higher,
 - Weekly Grade Checks will be conducted the day before every game by a coach
- Have 0 unexcused absences, and
 - Notify your coach if you are unable to make a game and/or practice prior to the missed date.
- Display positive learning behavior to better your experience and the experience of your teammates.

Depending on the team you make, practice and game times will vary. For practices and games, the following guidelines are expected:

- Wildcat Time: be ready to warm up 15 minutes before official practice AND game time,
- Have appropriate gear (PE clothes, tennis/volleyball shoes, NO SPANDEX OR BRAS EXPOSED etc.), and
- Make accommodations for rides to and from before that practice AND/OR game.

All information including parent-athlete notes, practice times, game days, practice plans, and other educational materials can be found at www.bensteelevolleyball.weebly.com. Let's work together to make this a great season!

Sincerely,

Ben Steele Volleyball Staff

Ms. Anica Knispel

Ms. Michelle Cattnach

Ms. Kristi Scheppele

Ms. Madi Ramsey