



**2020 CMS WEST  
Volleyball Parent  
Meeting**



**Please scan the QR code below  
and fill out the MEETING  
CHECK IN form**





# Meet the Coaches



## 8TH GRADE



**Head Coach**

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**Assistant Coach**

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## 7TH GRADE



**Head Coach**

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**Assistant Coach**

Renee Parish

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# Beliefs & Values



- Trust - Passion - Discipline
  - Trust: Coaches/Coaches, Coaches/Players, Players/Players
  - Passion: If you are willing to give your BEST effort, why play?
  - Discipline: Doing the right thing because it's the right thing to do.
- Leadership
  - We hold our athletes to a high standard
  - They represent the name on their uniform in the gym, and in the classroom.
  - They should be THE example of what it means to be a Wrangler.
- Academics
  - No PASS, No PLAY - State Law
  - We want our Student-Athletes to be successful on and off the field

7th Grade						
Date	Day	Grade	Times (C/B/A)	Opponent	Home/Away	Site
Sept 17	Thur	7th	5:00/6:00/7:00	Vista Ridge	Away	Vista Ridge MS
Sept 24	Thur	7th	5:00/6:00/7:00	Chisholm Trail	Away	Chisholm Trail MS
Oct 1	Thur	7th	5:00/6:00/7:00	Indian Springs	Home	West
Oct 8	Thur	7th	5:00/6:00/7:00	Pike	Away	Pike MS
Oct 15	Thur	7th	5:00/6:00/7:00	Tidwell	Home	West
Oct 17	Sat	7th	9:00/10:00/11:00	Timberview	Away	Timberview MS
Oct 22	Thur	7th	5:00/6:00/7:00	Fossil Hill	Away	Fossil Hill MS
Oct 24	Sat	7th	9:00/10:00/11:00	Medlin	Home	West
Oct 29	Thur	7th	5:00/6:00/7:00	North	Home	West
Nov 5	Thur	7th	5:00/6:00/7:00	Vista Ridge	Home	West

8th Grade						
Date	Day	Grade	Times (C/B/A)	Opponent	Home/Away	Site
Sept 17	Thur	8th	5:00/6:00/7:00	Vista Ridge	Home	West
Sept 24	Thur	8th	5:00/6:00/7:00	Chisholm Trail	Home	West
Oct 1	Thur	8th	5:00/6:00/7:00	Indian Springs	Away	Indian Springs MS
Oct 8	Thur	8th	5:00/6:00/7:00	Pike	Home	West
Oct 15	Thur	8th	5:00/6:00/7:00	Tidwell	Away	Tidwell MS
Oct 17	Sat	8th	9:00/10:00/11:00	Timberview	Home	West
Oct 22	Thur	8th	5:00/6:00/7:00	Fossil Hill	Home	West
Oct 24	Sat	8th	9:00/10:00/11:00	Medlin	Away	Medlin MS
Oct 29	Thur	8th	5:00/6:00/7:00	North	Away	North MS
Nov 5	Thur	8th	5:00/6:00/7:00	Vista Ridge	Away	Vista Ridge MS

**\*Saturday's game order is reversed - Starts A (9:00), B (10:00), and C (11:00)**



# Game Schedules\*

**CMS West  
Website  
Schedule:**

[CLICK HERE](#)



# Practice Schedule

## Mon-Tue-Wed



### 7th Grade

Doors OPEN at **6:45am** for check in process

Practice BEGINS promptly at **6:55am**

Practice ENDS at **8:30am**

*Remote Learner* Pick up begins at **8:30am**

*In-Person Learner* Dress out begins at **8:30am**

### 8th Grade

*Remote Learner* drop off begins at **3:00pm** for check in process

*In-Person Learner* Dress out begins at **2:50pm**

PRACTICE BEGINS at **3:15pm**

PRACTICE ENDS at **4:45pm**

ALL Athletes must be picked up by **5:00pm**



# Home Game Day Schedule

## Thursday



### 7th Grade

#### Mornings:

Doors OPEN at **7:30am** for check in process

Practice BEGINS at **7:45am**

*Remote Learner* Pick up at **8:30am**

*In-Person Learner* Dress out at **8:30am**

#### Afternoons:

*Remote Learner* Drop off begins at **4:15pm**

First Game BEGINS at **5:00pm**

### 8th Grade

#### Afternoons:

*Remote Learner* Drop off begins at **3:50pm** for check in process

*In-Person Learner* study hall/snack time begins at **2:50pm**

Practice BEGINS at **4:00pm**

First Game BEGINS at **5:00pm**

**ALL Athletes need to be taken home/picked up immediately following THEIR game.**



# Away Game Day Schedule

## Thursday



### 7th Grade

#### Mornings

Doors OPEN at **7:30am** for check in process

Practice BEGINS at **7:45am**

*Remote Learner* Pick up at **8:30am**

*In-Person Learner* Dress out at **8:30am**

#### Afternoons:

*Remote Learner* Drop Off at **3:00pm**

Bus LEAVES promptly at **3:50pm**

### 8th Grade

#### Afternoons

*Remote Learner* Drop off at **3:00pm** for check in process

Practice BEGINS at **3:15pm**

Bus LEAVES promptly at **3:50pm**

**Parents encouraged to GO TO THE GAME and TAKE THEIR KID HOME. (Sign Out Sheet REQUIRED)**

**Bus will be provided back to West if necessary - Arrival times will be communicated through SportsYou**



# Practice Schedule

## Friday



### 7th Grade

Doors OPEN at **7:30am** for check in process

Practice BEGINS at **7:45am**

Practice ENDS at **8:30am**

*Remote Learner* Pick up begins at **8:30am**

*In-Person Learner* Dress out begins at **8:30am**

### 8th Grade

*Remote Learner* Drop off at **3:00pm** for check in process

Practice BEGINS at **3:15pm**

Practice ENDS at **4:15pm**

ALL Athletes must be picked up by **4:30pm**





# **Game Day Schedule**

## **Saturday**



### **Away Game**

Doors OPEN at **7:45am** for check in process

Bus LEAVES promptly at **8:00am**

First game at **9:00am**

### **Home Game**

Doors OPEN at **8:00am** for check in process

First game starts at **9:00am**

**Game order is A, B, C**



# Drop off & Pick up Protocol



## **DROP OFF**

### **ALL 7th Grade & 8th Grade Remote Learners:**

Location - Bus Loop, Back of the School

Masks **REQUIRED**

Temperature Check

- NO ADMITTANCE for over 100 degree

Fill out Google Form EVERY DAY

## **PICK UP**

### **7th Grade Remote Learners & ALL 8th Grade:**

Location - Bus Loop, Back of the School

Mask **REQUIRED** until they are in the car



# **Drop off & Pick Up Locations for Everyone**





# Game Day Info for Parents



- Ticket Sales - HOME GAMES
  - MONDAY: Athletes get two (2) PRE-SALE tickets for parents
  - TUESDAY - THURSDAY: General Admission sales begin (limited capacity, varies by venue)
- Carpooling
  - Requires 24 hours notice if carpooling with someone else
  - Can let us know ahead of time if it will be multiple trips or all season
- Social distancing AND masks are required AT ALL GAMES
  - Bleachers will be marked off, you may sit with your family ONLY.
- QR Code Sign Out Sheets
  - REQUIRED at all AWAY GAMES
  - Must be signed out by parent or carpool leader
  - Location is TBD



# Game Day Info for Parents



- Game Day Meals
  - Not provided this season. Must bring your own meal or snack
- Bus transportation
  - Will be provided to and from CMS West, however parents pick up from games is HIGHLY encouraged
  - Parent transport to games is ALLOWED - we recommend following the bus
- Missing Games/practice
  - 48 hour notice is required if your athlete is going to miss a game.
  - **Missing a game or practices MAY affect playing time.**



# Practice Safety



- Water fountains will NOT be available -You must bring your own water bottle!
  - We suggest bringing a **32oz water bottle or larger!** Click [HERE](#) or [HERE](#) for examples.
  - Sharing is ABSOLUTELY not allowed!!
- Safety & Sanitizing (masks, balls, hands)
  - Wash & Water every 15 minutes
  - Volleyballs sanitized throughout practice
  - Masks MUST be worn unless actively participating in a drill
- Social distancing
  - Girls must keep social distancing guidelines at all times (before, during & after practice)
  - Practice will be social distanced
  - No mingling in groups inside OR outside
- Temperature Checks (must be under 100 degrees)
  - Temperatures will be checked for ALL athletes arriving on campus for the FIRST TIME.
  - This includes ALL 7th graders, and 8th Grade Remote Learners



# Locker Room Protocol (In-Person ONLY)



- Dress Out Protocol - Coaches will be monitoring at all times
  - Staggered times with small groups & social distancing in the locker room
  - Students will socially distance in the hallway and wait for coach direction
  - Be Quick!!
- Shower Availability (**7th Grade In-Person Learners ONLY**)
  - Showers are available after practice upon request
  - Be Quick!!
- Washing Clothing
  - ALL 7th Graders are required to leave their practice clothing at school for us to wash
  - This will be an optional service for 8th graders
- What can be left in lockers?
  - 7th Grade: Shower accessories ONLY (No shoes, knee pads or clothing!)
  - 8th Grade: Shoes, Knee Pads, Deodorant, Body Spray (No clothing!)



# **Locker Room Protocol (Remote Learners ONLY)**



Remote learners will **NOT** have access to the locker room for **ANY** reason.

**EVERYTHING** needs to be taken home with the learner and washed at home

Remote learners will NOT be issued a locker until they return as an In-Person learner.





# **Clothing: Practice**



- All athletes must wear our **West red dry fit shirts and black shorts to practice**
  - You may wear spandex when INSIDE the gym
  - When you leave the gym, you must have shorts on over your spandex
  - Can wear BLACK leggings underneath shorts as needed
- Sweats - just in case!
  - Sweats must be BLACK. (Top and Bottom)

**If you will not be receiving your uniform before Sept. 8th, please wear your own workout clothing to practice. You will not be able to change before practice.**

**Your name needs to be on ALL pieces of your practice clothing.**



# Clothing: Game Uniform



- What will be provided?
  - Uniform Top
- What will you need to purchase?
  - BLACK spandex/leggings - see [HERE](#) for an example
  - Knee pads - see [HERE](#) for an example
  - Tennis Shoes - see [HERE](#), [HERE](#), and [HERE](#) for examples
    - Shoes must be regular tennis shoes with laces (volleyball specific shoes can be purchased as well, but not mandatory)
- Uniform Care
  - Uniform tops need to be turned inside out and washed on COLD
  - HANG DRY - do not put it in the dryer
  - Do not write on the uniforms!!



## **Clothing: Jewelry**



- PLEASE REMOVE ALL JEWELRY, if possible.
  - If it can be removed, it needs to be removed.
- Athletes can be removed from games by a referee for wearing jewelry

The logo for sportsYou, featuring the word "sportsYou" in white lowercase letters on an orange rectangular background. A small "SM" trademark symbol is to the right of "You".

Use your **unique access code** below and follow the instructions.

**Access Code**

**J7EW-BSGB**

#### Join via Website

##### New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

##### Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

#### Join via App

##### New Users

1. On mobile device download **sportsYou** app from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

##### Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**



visit us at **www.sportsyou.com**  
or in the app stores



# 7th Grade Join SportsYou!!

## Up-to-Date Arrival times after games

## Schedule Reminders

## Changes to practice/game times

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**R8XJ-QEC6**

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##### Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**



visit us at **www.sportsyou.com**  
or in the app stores



# 8th Grade Join SportsYou!!

## Up-to-Date Arrival times after games

## Schedule Reminders

## Changes to practice/game times



# Physicals & Rank One



- **Your athlete WILL NOT be able to participate in ANY activity (tryouts included) if we DO NOT have a physical dated AFTER April 1st, 2019. NO EXCEPTIONS!!!**
  - If you've had a wellness visit AFTER April 1st, 2019, then you can send your doctor the physical papers and have them fill it out. Please remind them of the DATE RESTRICTION.
- **RANK ONE paperwork is PAST DUE**
  - Please refer to the many emails sent by Coach Cantrell
  - ALTERNATE TRAVEL FORM (part of all the paperwork)
    - You athlete will not be able to travel to or from games with you if we do not have this form signed.



# Questions



- Please go over all of the information in this presentation at your convenience.
- Questions can be submitted via the SLIDO link BELOW!
  - This will enable us to send FAQ's to EVERYONE to cut back on repeated questions & emails
  - If you have a volleyball emergency question, please email your Head Coach

Please ask question by clicking the link below!

<https://app.sli.do/event/lxgbxvbe>

The link expires **Saturday Sept. 5th** so that we have time to get them answered.

**Thank you!! We can't wait to see you on Tuesday!!**