



Saint Francis of Assisi School
 7075 Ashworth Road, West Des Moines, Iowa 50266
 Tel: 515-457-7167, Fax: 515-223-4768

Misty Hade, Principal Adam Tjeerdsma, Asst. Principal

SUNS Volleyball 2011

Volleyball begins with practice in mid-late August with game schedules beginning in September. We are asking for signups now so we can determine how many teams we will field and how many coaches we need. Although we will have returning coaches, we still have coaching needs, especially for the incoming 6th graders. Please consider helping us out. Feel free to call or email Mr. Hazel at school with any questions.

Email: mhazel@saintfrancisschool.org phone: 457-7167 x 310

Participation Requirements:

- Current physical on file at SF School (form located on the school website)
 - Smartest action—get this updated over the summer so your child is eligible for all sports throughout the year
- Annual athletic form filled out and on file at SF School (located on the school website)
- Sport Fee and fee for uniform shirt if new to the sport or are in need of a new one
- Passing all classes

Additional Information:

- practice starts in late August before school with the game schedule beginning around the second week of Sept through mid-Oct, culminating with a season-ending tournament.
- games are Sat/Sun, usually double-header matches typically scheduled back-to-back times (about 90 min total)
- Season records are not kept, but the tournament is a championship tournament
- 2-3 practices/week
- 3-hit play will be stressed by all coaches
- In a match (2 of 3 games), all players on the court and bench will rotate on every change of possession. Lineups do not change or reset at the beginning of each new game within the match.
- All parents are required to serve in the SFA concession stand at some point during the VB or BB seasons.

Please detach and return this form to the school office by Friday, May 27!!!

Athlete's Name	Incoming Grade	If interested in coaching, Name

Volleyball Fee \$40 \$ _____

New VB Uniform Shirt \$15 \$ _____

Size: Youth: L Adult: S M L XL

Total Fees Enclosed \$ _____