

HCA Volleyball

Preseason Information

To: 4th – 12th Grade Students and Parents
From: HCA Administration
Re: Volleyball Preseason Information
Date: June 14, 2022

Please note the below information regarding volleyball in the fall. HCA is pleased to announce Sheri Valentin as our head volleyball coach. Students currently in grades 4-12 that are interested in playing volleyball can sign up by emailing Coach Sheri Valentin at s.valentin@hcacrusaders.com.

Preseason Practices:

If your student is interested in volleyball, we recommend she attend as many of the preseason practices as possible to build endurance and improve fundamental skills.

Preseason Practice Schedule:

Tuesday, June 21, from 10:00 to 11:30 a.m.	Tuesday, July 12, from 10:00 to 11:30 a.m.
Thursday, June 23, from 5:30 to 7:00 p.m.	Thursday, July 14, from 3:00 to 4:30 p.m.
Thursday, June 30, from 5:30 to 7:00 p.m.	Saturday, July 16, from 10:00 a.m. to 11:30 a.m.
Friday, July 1, from 5:30 to 7:00 p.m.	Tuesday, July 19, from 10:00 to 11:30 a.m.
Thursday, July 7, from 3:00 to 4:30 p.m.	Thursday, July 21, from 3:00 to 4:30 p.m.
Friday, July 8, from 5:30 to 7:00 p.m.	Saturday, July 23, from 10:00 to 11:30 a.m.

Tryouts:

Monday, July 25, from 5:00 p.m. to 6:30 p.m.
Tuesday, July 28, from 5:00 p.m. to 6:30 p.m.

Official Practices (prior to the first day of school):

Thursday, July 28, from 3:30 p.m. to 5:00 p.m.
Thursday, July 29, from 3:30 p.m. to 5:00 p.m.
Monday, August 2, from 3:30 p.m. to 5:00 p.m.
Tuesday, August 3, from 3:30 p.m. to 5:00 p.m.

All students trying out for any fall sports team must be registered/enrolled for the new school year before they will be allowed to attend practice (this applies to any sport once the first day of practice has begun).

For students to be eligible for tryouts on Monday, July 25, 2022, they must turn in the following items (students who do not turn in the following items will not be allowed to try-out until they do so). Forms can be found on the school's website under Resources.

1. Sports Physical Examination from a Doctor (**MUST use TACS form on the website**) – good one year to date.
2. Concussion Information Form
3. Cardiac Arrest Form
4. HCA Student/Athlete Agreement
5. \$175 athletic fee – contact Davida Black (d.black@hcacrusaders.com) in the school office to pay online or submit payment in the office.

Athletic Attire:**Practice Uniforms**

All athletes are required to purchase an HCA practice uniform to wear during practice. We recommend they purchase two or three. Note the information below.

Warmups

Athletes are required to purchase the HCA athletic warmup set. If they have one from last year, they do not need to purchase another set. The set is green with a white stripe on the side with the HCA helmet logo on the jacket. The cost is \$65.00.

Eligibility:

All athletes must be passing all subjects and maintain a C average overall. For example, an athlete can have all A's, but if he has one F he will not be eligible to play. Also, if a student is passing all classes but has 3 C's and 3 D's he will not be eligible to play because he is not maintaining a C average overall. These are the Tennessee Association of Christian Schools' (TACS) eligibility policies. **All grade averages are cumulative from the first day of each semester.**

If a student is off for grades, he will still be required to attend practices and meets unless instructed differently by his coach. Ineligible players are not allowed to attend championship meets. Sometimes when an athlete is off for grades, he is required by the coach to not participate in practice. If the coach does not deem it necessary for an ineligible athlete to attend the game competition with the team, the athlete will not be allowed to attend the athletic function.

Game Season:

The competition season will start mid-August and will conclude near the end of October. The season will average about one-two games per week (usually on either Monday or Tuesday—however, some games may take place on Saturday morning). The season will end with an out-of-town tournament. Usually, the tournaments are held within the Nashville area (Springfield, Pleasant View, Murfreesboro). However, periodically they may be held in the Chattanooga or Athens, TN area.

Practice Times:

Practice will be every weekday from 3:30 p.m. to 5:00 p.m. except game days and Wednesdays. Times may vary on some days.

Try-outs and Playing Time:

Please realize that the players exemplifying the best skills, attitude, and work ethic will be chosen for HCA athletic teams. Players chosen for the team will be given as much competition time as possible; however, these are competitive sports and there is no guarantee to the amount of competition time each athlete will receive.

Transportation:

The school will provide transportation to games as much as possible. The athletic office will communicate in advance the details of transportation for games

Note to Parents:

If an athlete chooses to drive or ride with another person to an athletic event without his or her parents' knowledge when the school provides transportation to an athletic event, the school will not be held accountable or liable for the athlete's decision. It is normally required that all athletes ride school transportation to athletic events when provided.

If an athlete rides the bus to a game and chooses to not ride the bus back to the school, the parent must give permission and notify a coach ahead of time.

Athletic Handbook:

Athletes are expected to abide by the policies in the Athletic Section of the Student Handbook (available August, 2022).

Season Commitment:

Once an athlete has committed to the team, he/she is expected to complete the season. Students who do not attend practice for any length of time for any excuse other than a medical excuse when present at school will be dismissed from the team. Athletes who do not compete in the final meet of the season will be considered dismissed from the team.

HCA Volleyball Uniform Order Form

The following items will be required (except for the backpack) for all athletes competing in HCA athletics. The items will be for all HCA sports. Once they are purchased, the athlete does not have to purchase them again (unless they outgrow them or they are damaged/lost).

_____ HCA Practice Shirt (\$12.00)
YM YL S M L XL XXL

_____ HCA Practice Shorts (\$15.00)
YM YL M L XL XXL

_____ HCA Athletic Warmup Jacket (\$38.00)
YM YL S M L XL XXL

_____ HCA Athletic Warmup Pants (\$27.00)
YM YL M L XL XXL

_____ HCA Athletic Backpack (\$50) – optional
*option for embroidered name (indicate name below if choosing this option)

Embroidered Name: _____

Total Due: _____

Athlete's Name: _____ Grade: _____

Parent's Signature: _____ Date: _____

Please turn in this form with payment (if not doing an over the phone/online payment) at the first day of tryouts on Monday, July 25, 2022.