Dear Parents,

The 2012 Allen Volleyball Season is quickly approaching. If your daughter is interested in trying out for a middle school, freshman or high school volleyball team, you will need to attend a mandatory Parent Meeting at Allen High School

May 10th at 6:15 pm (entering 9th -12th) meet in Cafeteria @ AHS
May 10th at 7:30 pm (entering 7th & 8th grade) meet in Cafeteria @ AHS

In this meeting, we will be discussing tryout schedules, physical forms, tournament information, summer activities and our volleyball program expectations.

**** An Athlete Information Sheet must be filled out online at ****
   www.alleneaglesvolleyball.com by Monday, May 7th.
   (click on “Tryouts” and “Athlete Information”)

If you have any questions or concerns, please feel free to contact me. We are looking forward to the 2012 Allen Volleyball Season!

Coach G

Contact Information:
Email:  Kelley_Gregoriew@allenisd.org
Cell:  972-989-5758 (Text / Call)
Work:  972-727-0400   x3400
2012 Pre-Tryout Volleyball Checklist: www.alleneaglesvolleyball.com

Click on “Tryouts”… (tab towards top of website)

___ Complete “Volunteer Background Check” ** AFTER JULY 1st **
___ Complete “Athlete Information Form” (Before May 20th)
___ Print & complete “Athletic Physical & UIL Forms” (9-page packet)
   * packet includes: Acknowledgement of Rules, General Eligibility Info,
   Physical Form, Steroid Form, Athlete Emergency Info
___ Print & complete the “Previous Athletic Participation” Form
   (**only if moving in from outside of AISD)
___ Make a personal copy of completed “Athletic Physical & UIL Forms”

Tryouts: Click on “Tryouts” (then choose tryout info)

___ Print and read appropriate tryout schedule
___ Print & complete the “Allen Volleyball Commitment Letter”
   9th - 12th print “HS Volleyball Commitment Letter
   7th - 8th print “MS Volleyball Commitment Letter
___ Print and look over “Cost List”
___ Physical Forms need to be completed and turned in on the first day of tryouts.

Camps: (information is on top of website)

___ Sign up for Allen Volleyball Camp
   3rd – 6th Grade: June 11th-14th 8:30-11:30am (3rd & 4th) @ AHS / (5th & 6th) @ EMS
   7th/8th Grade: June 11th-14th 1:00-4:00pm (7th) @ EMS / (8th) @ AHS
   9th Grade: July 30th- August 2nd  8:30-11:30am @ Allen HS

___ Sign up for Performance Course Summer Workout Program
   *Deadline for “Early Bird” “Volleyball” Registration is May 15th  www.performancecourse.com
   **Females 6th-12th grade: 8:30-9:30am Mon-Fri @ Lowery FC  June 11th - Aug 3rd  (No Workout July 2nd - 6th)

___ Check out BEACH Leagues/Tournaments & Summer Camp opportunities!

Open Gyms:

___ Check the website & online calendar for details each week!
   *Open Gym is free! Athletes are encouraged to come and play, but AISD coaches are
     not allowed to provide any instruction.
Dear Parent/Guardian

I would like to take this opportunity to introduce myself. My name is Kelley Gregoriew and I am the Varsity Volleyball Coach, most know me as Coach G. I will be going into my 20th season here at Allen and I wanted to thank you ahead of time for encouraging these young ladies to get involved in athletics.

Entering into a competitive athletic program can be rewarding for both the athlete and their parent/guardian. It can also be a confusing time with tryouts and the hectic schedule ahead. As the varsity coach I feel it is important that I oversee all levels of the Allen Volleyball Program. Therefore, the high school coaching staff and myself will participate and give input in all team selections during tryouts.

Below you will find the schedule of events for the week of August 27th – 31st. For more information on the Allen Volleyball Program please visit our website at www.alleneaglesvolleyball.com.

*Allen Volleyball Camp – June 11th-14th 1:00 – 4:00pm 7th @ EMS / 8th @ AHS $70

**VOLLEYBALL TRYOUTS:**
VB Tryout/Practice Attire: Athletic Clothes (purchase through school), athletic shoes, pony tail, and no jewelry.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>GRADE</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Aug. 27th</td>
<td>7th &amp; 8th</td>
<td>During Athletics</td>
<td>Turn in Physical Form</td>
</tr>
<tr>
<td></td>
<td>Aug. 27th</td>
<td>7th only</td>
<td>3:45pm -5:45pm</td>
<td>Tryouts @ Ereckson gym</td>
</tr>
<tr>
<td></td>
<td>Aug. 27th</td>
<td>8th only</td>
<td>5:45pm -7:45pm</td>
<td>Tryouts @ Ereckson gym</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Aug. 28th</td>
<td>7th only</td>
<td>6:30am - 9:00am</td>
<td>Tryouts @ Ereckson gym</td>
</tr>
<tr>
<td></td>
<td>Aug. 28th</td>
<td>8th only</td>
<td>2:30pm – 5:00pm</td>
<td>Tryouts @ Ereckson gym</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Aug. 29th</td>
<td>7th only</td>
<td>6:30am – 9:00am</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Aug. 30th</td>
<td>7th only</td>
<td>7:00am- 9:00am.</td>
<td>**Run – (1x5)x5 / Tryouts in gym</td>
</tr>
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<td>7:00am - 9:00am</td>
<td>Tryouts @ Ereckson gym</td>
</tr>
<tr>
<td></td>
<td>Aug. 31st</td>
<td>7th only</td>
<td>3:30 pm</td>
<td>Team Selection</td>
</tr>
<tr>
<td></td>
<td>Aug. 31st</td>
<td>8th only</td>
<td>2:30 – 4:00pm</td>
<td>Tryout /Team Selection</td>
</tr>
</tbody>
</table>

** 1 x 5 Run x 5 – athletes need to have a time of 45 seconds or less on each one.

Thank you,
Coach G  (Allen Varsity Volleyball)
**Ereckson Volleyball Cost List – 2012**

In an effort to prepare you for the upcoming volleyball Season, we have listed the items that will need to be purchased before or during the season. This list gives *approximate* costs of each item.

- **Athlete Physical**  \( \$15 + \)
- **Volleyball Booster Club Membership**  \( \$25 \)
- **Practice Clothes**  \( \$15 \)  
  \( \text{($5 shirt required to wear / $10 shorts optional)} \)
- **Game Day T-Shirt**  \( \$10 - \$15 \)
- **Game day Meals**  \( \$55+ \)
- **Sliders (Navy)**  \( \$15 - \$20 \)
- **Kneepads**  \( \$25-$40 \)
- **Fundraiser (10 items)**  \( \$150 \)
- **Eagle Card Fundraiser – sell 12 discount cards**  \( \$120 \)  
  (only selling eagle cards if athlete does not sell 10 items in other fundraiser)
Dear Parents/Guardians and Athletes,

In order to make things more clear I am giving you this information to help you understand my expectations for the athletes in the Allen Volleyball Program. First and foremost, I am proud of the academic tradition that past athletes in this program have established. The bottom line is: No Pass, No Play, No Questions.”

We will have grade checks weekly. I will expect that if anyone is slipping even slightly in any class that she will set up and attend tutorials. **Tutorials, along with any re-tests will need to be scheduled for a time outside of practice.** If the teacher will not allow this, the athlete will need to inform her team coach or me of the situation. The athletes will always need to bring a signed slip by the teacher of the tutorial/re-test. Mandatory tutorials will be assigned weekly for any athlete that scores a 70 or below for a class at the 3 week progress and/or end of 6 weeks.

All athletes are required to follow all rules and guidelines set forth in this document as well as any rules specifically laid out for each campus.

If discipline or attitude problems occur in the gym, classroom or in the school, the following actions will be taken:

1. An O.T.I (opportunity to improve) will be issued.
2. A verbal or written apology will be given to the coach / teacher/ admin.
3. Parent/Guardian will be contacted

**If issues persist, an additional form of commitment will be instilled. Removal from team is an option.**

School policy states that suspension or truancy results in no participation in the ensuing game(s).

As a member of this program, each athlete will also be expected to adhere to these following guidelines:

1. Absence from practice: Athlete must call-in prior to the absence. Please call the team coach to make them aware of the absence as soon as possible.

2. Injury - Doctor or Trainer note required indicating injury and anticipated recovery time. (not note from parent.)

3. Illness – “If you’re well enough to come to school, you’re well enough to come to practice.”

4. Missed practice before a game: will not start that game

5. Late to school, practice and/or game: 1 lap per minute

6. Athletes must check out with their designated Coach as well as appropriate office when leaving campus for any reason.

7. Athletes will not have any parts of their bodies pierced (during volleyball season and off-season), except their ears. All jewelry will be removed for practices and games.
Guidelines Continued:

8. Tattoos are not encouraged and must not be visible at practice or in a match.

9. Proper nutrition is encouraged and carbonated beverages highly frowned upon.

10. Tanning is not recommended.

11. In the event of an injury:
   A. Player will undergo necessary treatment.
   B. Player will still attend practice / game
   C. Doctor’s or Trainer’s clearance needed before returning.

12. Damage to issued equipment: appropriate fine assessed

13. Travel to and from games will be as a team: NO EXCEPTIONS

14. All athletes will be instructed where to sit while the other teams are playing. They are expected to sit as a team and help cheer for the other players.

15. All athletes interested in trying out for volleyball the following season must stay enrolled in athletics for the entire year.

16. Concerns or problems will be addressed in this order:
   A. Athlete / Team Coach
   B. Athlete / Parent or Guardian / Team Coach / Coach G
   C. Athlete / Parent or Guardian / Team Coach / Coach G / Athletic Director

**All meetings with the coaches will be done on an appointment basis. Do not expect to be able to speak with them on issues during games or between games.

17. Playing Time:
   JV AND VARSITY – PLAYING TIME IS NOT GUARANTEED
   FRESHMAN – PLAYING TIME IS NOT EQUAL
   7th & 8th GRADE – EVERYBODY PLAYS (Playing time is not equal)

I ________________________________ am committed to the Allen Volleyball Program and my teammates. As an athlete I am committed to following all school policies and rules. I am committed to staying drug and alcohol free. I promise to myself, my teammates, and my coach that I will not use any tobacco products or consume any alcohol. I am committed to helping my teammates be the best volleyball players and best people they can be. I am committed to always displaying good sportsmanship (win or lose). I accept any and all consequences, should I violate any commitments or guidelines set forth in this contract.

Coach Signature_________________________________________Date__________________

Athletes Signature_______________________________________Date__________________

Parent /Guardian Signature_______________________________Date__________________
1 X 5 Run (Complete 5 X’s)

(Each 1 X 5 needs to be 45 seconds or less)