



Greetings Crusader Volleyball Players!

As we look forward to our sports season, it is important to review what it means to be a Crusader volleyball player and to clarify Crusader rules.

Crusader Volleyball Mission Statement:

- One goal of the ECS volleyball program is to develop hard working individuals who are positive role models on and off the court. It is our philosophy to instill a strong work ethic, discipline, leadership, a desire to play the game, competitiveness, and other life lessons along the way. Building a successful, competitive program is our objective, but there are many valuable lessons learned from defeat—learning from our mistakes will only make us stronger.
- Above all, giving Glory to God on and off the court in actions and in words will be our primary goal.

Purple and Green Team Philosophy:

- Once practice is underway and we see where skill level is at, athletes may be moved within Jr. Varsity and Varsity levels for them to be successful for the skill level they are at—this is important for confidence and for skill improvement. All eighth graders must play on the Varsity Team. Competition within our team is key to developing the best overall team. We have many athletes who work above and beyond the minimum to better themselves, and we're hoping our players really push each other, become better athletes, and continue to develop our volleyball program. All athletes will play, but they will NOT receive equal playing time. With very large numbers and unpredictable games in relation to minutes played and in number of games played, it's impossible to guarantee totally "equal" time. Keep in mind that we have several athletes to consider, and to balance squads, players could be moving up or down throughout the season. If you have any questions or concerns, please talk to Renee Berry or Lee Pilon anytime.

Crusader Rules:

- All players must have a minimum of 8 practices to compete in a game. Physical conditioning, basic fundamentals, rotation, game strategy is crucial. Athletes need to be at practice to be observed by their coaches.
- Unexcused absences won't be tolerated. It is the player's responsibility to communicate with her coach about missing practice by either a note or call. Coaches have the final say for what is excused and what isn't.

- Playing time is a privilege: not a right. Players are evaluated at each practice and competition. Players need to communicate with their coaches about what they need to do individually to gain more court time.

Housekeeping:

- Physical examinations are needed every year. Make sure to turn in your sports packet to the front office.
- All forms, fees (\$75.00), and physicals **MUST** be turned into the office before an athlete can participate in a game. The fall sports meeting is a great time to take care of this.
- Any piercings whether it is ears or anywhere else should be avoided before or during volleyball season. Because it's against league rules, we do not tape piercings; instead, they **WILL** come out during play in practice and games.
- Please make sure that you come to each practice and game with knee pads and appropriate gym shoes and clothes.
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Team Practices:

- **Wednesday , August 31st 3:30 – 5:00 pm in the Gym**
- **Thursday, September 1st 3:30 – 5:00 pm in the Gym**
Parent Meeting afterwards for 15 minutes
- **Wednesday, September 7th 3:30 – 5:00 pm** (no practice Thursday or Friday 8th and 9th due to Jr. High retreat)
- **Practices run Monday – Thursday: 3:30 – 5:00**
September 12th begins regular practice schedule : Monday - Thursday

Calling All Managers:

- If playing volleyball isn't for you, please consider an alternative route to become part of the team. This is a great way to get involved and is a valuable contribution to the team.
- Contact one of the coaches right way as we're looking for managers at ALL levels.

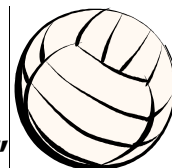
2011 Crusader Volleyball Staff:

Renee Berry and Lee Pilon – ECS Volleyball Coaches

Renee Berry is the preschool director at ECS and is available on campus all day. My e-mail is renee@ecsonline.cc and cell # is 951-9697.

Lee Pilon's e-mail is lpilon@comcast.net and cell # is 790-6095

Please contact me with any questions or concerns anytime ☺



“Don't go through life without having a ball.”