

CCS Volleyball Information – Fall 2018

“Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward.”

Colossians 3:23

Welcome to another exciting season of CCS volleyball! I (Rachel Newton) will be returning to coach my 18th year as varsity volleyball coach at CCS, and Sheila Shykes will be returning to coach the 6th-8th grade team! We're excited that you are playing volleyball for CCS this year!

Schedule: Varsity/JV begins practice on Monday, August 6th. Junior High will begin August 13th, and the schedule for that team will be posted soon. Please visit www.cambridgechristianschool.org (under the calendar tab) for a complete schedule of our practices and games. We will weekly post up to date information about any changes in the schedule, so check the calendar regularly. Our practices and games will all be at the AFRC throughout the season. Practices in the summer will vary depending on the availability of the AFRC, but I hope to have them mostly in the morning (helps keep the costs lower). Most games will be scheduled on Tuesdays and Fridays and practices will mostly be on Mondays and Thursdays during September and October. I send out updates every week to help communication, but please frequently check the online calendar, as well.

Contacting Coaches: If you need to reach me, please e-mail me at rnewton@cambridgechristianschool.org or call me at 763-689-3806 (school) or 763-221-4071 (cell). Sheila's email is sshykes@cambridgechristianschool.org. During the school year, if you call me or Sheila during the day, we'll have to wait to call you back until we have a break in classes, so if there's an urgent question, please call the front office at the school.

Playing Time: Varsity/JV teams are usually comprised of 9th-12th grade students, and the Junior High team is usually 6th-8th. However, any final decisions on what team a player is on or how much time they play in games is up to the coaches and depends on the player's ability, skill, and hard work during practices. If you have any questions about this, please contact me.

Equipment Needed: Volleyball or cross-training shoes, knee pads (available at Target/Walmart/other sports stores, online, or ask me for a catalog to order them from), water bottles and t-shirts and shorts that are in dress code.

Transportation & Attendance: You are responsible for transportation to and from practices, but feel free to arrange carpooling. Players will run 1 lap for every minute of practice for which they are late, so please make sure they are promptly at practice. Players will ride the bus to and from games (for the most part) and should bring bag suppers along to all away games. I might need parent drivers for away games at times, but I will let you know ahead of time if I need that. When we have early release times from school, the players are responsible to get homework from teachers ahead of time. If your daughter is not at school due to illness, she cannot participate in the game or practice that night. Players who are not at practice before the night of the game are not allowed to start in the game the following day. Any absence from any part of classes, except in the case of doctor's appointments, forfeits a player's ability to play in the game that night.

Parent Involvement: I have fun opportunities for parents to be a part of the program and get their aid hours met, too. There are opportunities to help with concessions, line judging, or running the score board during games. I will be scheduling every family to line judge at least once, and this and any other volunteering can be used for aid hours.

Fees & Forms: Costs have been lowered this year to \$360 for Varsity players and \$240 for Junior High players. These fees primarily cover gym rental, but they also include the cost of transportation, referees, equipment, uniforms and coaching. **First payment and forms submitted online are due BY the first day of practice in order to play. Doctor's physicals are required every three years, starting in 7th grade.**

Spiritual Development: Our team has devotions together and we do put-ups at the end of practices to encourage the focus of our team to be on glorifying God in our teamwork and in our behavior on and off the court. I am so proud of the girls I coach, and am blessed by the partners I have in their parents! Thank you for your prayers and commitment to honorable cheering and communication with me and other teams. I'm looking forward to a terrific season!!!

Rachel Newton