

# 2020 LCMS Volleyball

We're excited for the upcoming volleyball season this fall. Below you will find important information you need to prepare for the season ahead.

## Summer Group Practices

The following practices times have been set. All practices will be held at LC Middle School gym.

July 13 - 14	6-8pm	Participation in summer practice is voluntary and not a requirement for making the team.
July 20 - 23	6-8pm	
July 27 - 30	6-8pm	

Tryouts - TBD

Daily Team Practice will begin Monday, August 3rd.

## Physicals

Players must have a physical on file by August 1st.

## Remind Me App

Please sign up for the Remind Me App as this will be the only form of communication throughout the summer. If practices need to be changed or canceled for unforeseen reasons, a message will be sent using the Remind Me App. Parents and players are encouraged to sign up. Code to join Remind Me is @c784kd7

Please provide the following info:

Student Name: \_\_\_\_\_ Grade Level 2020-2021 \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

If you have questions, please contact Mrs. Rockey at [janelle.rockey@lclsd.org](mailto:janelle.rockey@lclsd.org)

Coach Janelle Rockey

Coach Kim Hess