

2024 NMS VOLLEYBALL

8th Grade Coach - Mrs. Connie Perney - e: CoachConnieVB@Gmail.com

7th Grade Coach - TBD

Welcome to the 2024 Nordonia Middle School Volleyball Program! We are looking forward to an exciting year for both 7th and 8th grade Girls Volleyball.

1. **DOWNLOAD THE BAND APP for ALL NMS Volleyball Communication & Schedules! This applies to both students and parents.**



Scan the QR code or use this link:

<https://band.us/n/a9a987Vcd5VfT>

Or Join at www.band.us and search for Nordonia Middle School Volleyball

2. **COMMUNICATION**

The majority if not ALL of communication regarding practices, matches, tryouts, etc., will be sent via the app called **BAND**. You can download this to iOS or Android smartphones as well as access through a PC/Desktop at www.band.us.

Search for the “**NORDONIA MIDDLE SCHOOL VOLLEYBALL**” Band and request to join:

1. **Provide your First AND Last name (Your request will be denied otherwise).**
2. Answer if you are a PARENT or STUDENT to be approved.

3. **TRYOUT REGISTRATION**

Tryouts are **2-days, 3 hours** each day: **Thursday, August 1st and Friday, August 2nd** at Nordonia Middle School. 7th grade will be separate from 8th grade. Times will be posted on the BAND event calendar before the end of the school year.

Scan the QR Code for registration or use this link (same form linked on the NMS Athletic Volleyball Site) : <https://forms.gle/PbgMMBVza7B3enTn6>

VOLLEYBALL TRYOUT REGISTRATION



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CALENDAR/SCHEDULE

Season Dates: 8/1/24 - 10/12/24

4. SUMMER CONDITIONING

Summer conditioning is encouraged but optional and is not considered at fall tryouts.

Sessions include conditioning and/or skill work/movement.

On-Site Location: NMS, 73 Leonard Ave, Northfield. OUTDOORS in Main Parking Lot.

WHEN: Mondays, Wednesdays, Fridays 8 AM - 9 AM (check-in/arrival 7:45 AM)

DATES: June 17th through July 29th (No Conditioning July 5th and July 31st)

BRING: Water bottle, yoga-type mat or beach towel to every session.

WEAR: EMA Form (1st Day Attending). Shorts, t-shirt, socks, gym shoes (no volleyball shoes outdoors)

All students MUST bring a completed and signed EMA form the first day they attend to participate on-site. No EXCEPTIONS! This form can be found on the [Nordonia Middle School Athletics page and the Volleyball page](#).

All sessions are weather permitting. Check NMS BAND app for notifications about cancellations due to weather. This will be communicated by 7:30 AM the day of the workout if not sooner.

5. FEES AND OTHER EXPENSES

NMS Participation Fee - \$140 or as listed on the

<http://www.nordoniaschools.org/MiddleSchoolAthletics.aspx> website. **This must be paid before the first day of competition, August 19, 2024.**

Spandex Shorts - Team players should purchase their own **BLACK, 4" in-seam or longer** as part of the team uniform. These may be purchased at a local sport goods store or online and range \$20-\$30. Jerseys are provided by the school and are to be returned at the end of the season washed and dried.

Shoes - Volleyball shoes are recommended but not required. No basketball shoes! Good gym shoes also work.

Pre-Season Team Outing - \$25 per player. Information TBA via BAND app.

We're looking forward to seeing everyone at Conditioning and Tryouts! Should you have any questions, you can post on the Band site or email Coach Perney at coachconnievb@gmail.com.

Coach Connie Perney