

## 2025 NMS VOLLEYBALL

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

7th Grade Coach - Mrs. Tricia Sanborn e: [kntsanborn@Gmail.com](mailto:kntsanborn@Gmail.com)

**Dates: 8/1/25 - 10/5/25**

**Welcome to the 2025 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, use the link <https://band.us/n/a9a987Vcd5VfT> or [www.band.us](http://www.band.us) and search for Nordonia Middle School Volleyball

### **2. TRYOUT REGISTRATION**

Tryouts are **2-days, 3 hours** each day: **Friday, August 1st & Monday, August 4th** at Nordonia Middle School. 8A-11A 7th grade; 12P-3P 8th grade.



Scan the QR Code for registration or use this link (same form linked on the NMS Athletic Volleyball Site) :  
<https://forms.gle/GHoRLHJSVyG21BNz7>

### **3. OPEN GYMS & SUMMER CONDITIONING**

Open Gyms will be announced on the **BAND** app.

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

Sessions include conditioning and/or skill work/movement.

**Location:** NMS, 73 Leonard Ave, Northfield. OUTDOORS in Main Parking Lot.

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

**DATES:** TBA on **BAND APP**

**BRING:** Water bottle, yoga-type mat or beach towel to every session & **EMA Form\***

**WEAR:** Shorts, t-shirt, socks, gym shoes (no volleyball shoes outdoors)

**\*All students MUST bring a completed and signed EMA (Emergency Medical Authorization) form the first day they attend to participate. 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 (After Tryouts and On a Team)**

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NMS Participation Fee - Check <http://www.nordoniaschools.org/MiddleSchoolAthletics.aspx> website. **This must be paid before the first day of competition, August 18, 2025.**

**Spandex Shorts or Leggings** - Team players should purchase their own **BLACK, 4" in-seam or longer** as part of the team uniform. Purchase at a local sport goods store or online (\$20-\$30). Jerseys are provided by the school and collected 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](mailto:coachconnievb@gmail.com) or Coach Sanborn at [kntsanborn@gmail.com](mailto:kntsanborn@gmail.com).

Coach Connie Perney & Coach Tricia Sanborn