

# GRASSLAND COMMUNITY SCHOOL

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*Small School, Big Heart, Bigger Community Spirit.*

RE: Grassland Volleyball Team

**Practices will be held Tuesdays 3:30 p.m. to 5:30 p.m. and some Fridays (dates to be determined). Starting September 9, 2025.**

Parents are responsible for picking up their child from practice at 5:30 p.m. We are looking for volunteer drivers for games. If you can help, please contact the office.

We want to have fun, practice and play hard!

## **Rules and expectations:**

### **Rules:**

- **We build up, not tear down.** The player must be a positive influence to help and encourage all members new or old.
- **If you don't want to be there, please do not attend.** Note: you will not be playing in tournaments if you don't practice.
- **Participate and have fun.** We will be doing conditioning such as laps, drills and stretching, volleyball is a physical sport.
- You are expected to use google classroom for any missed assignments on game days. Due dates apply.

### **Expectations:**

- Only the students and coaches playing can be in the gym. We are not watching other siblings.
- If your child is not participating or not following the above rules, they will likely be benched.
- Be respectful of the coach's time.

## **ELEMENTS OF RISK**

Volleyball is intended to challenge the physical, mental and emotional resources of every member. We do our best to make sure injuries such as rolled ankles, sprains are mitigated as much as possible, but there is still some risk of injury.

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student, or the school board, its employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured. The chance of an injury occurring can be reduced by carefully following instruction at all times while engaged in the activity.

I give permission to my child \_\_\_\_\_ (print) to participate on the Grassland School 2025-2026 Volleyball Team.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

☐ I agree with the rules and expectations of the Grassland Volleyball Club.

Shirt Size: S M L XL (*please circle*)

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Player Signature