

Irma Marsh Middle School

Volleyball Packet

2021-2022



IMMS Volleyball Contact List

2021-2022

Girls' Athletic Coordinator:

Renee Young

7th Grade 'A' Volleyball

youngr1@castleberryisd.net

817-252-2248

Coaches:

Taylor Mikesich

8th Grade 'A' Volleyball

mikesicht@castleberryisd.net

817-252-2284

Twitter: @mikesichIMMS

Debra Alsip

8th Grade 'B' Volleyball

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Jennifer Castillo

7th Grade 'B' Volleyball

castilloj5@castleberryisd.net

817-252-2265

Castleberry Independent School District

Athletic Code of Conduct

Statement of Purpose

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. **Misbehavior will not be tolerated.** To be a successful participant in athletics, it is extremely important for the student to understand the conditions of participation before making the decision to enter the program. We are STUDENTS FIRST-ATHLETES SECOND!

Athletic Code of Conduct

AS A LADY LION YOU WILL...

- ... I will participate in at least two sports in the Irma Marsh Middle School program.
- ... I will comply with ALL school policies.
- ... I will conduct myself in a respectful manner at all times.
- ... I will always tell the truth and not make excuses.
- ... I will not steal from my teammates, the school or the community.
- ... I will do my very BEST in ALL my classes.
- ... I will respect my teammates, coaches, teachers, parents, officials and any CISD staff.
- ... I will not post negative social media of **any** kind.
- ... I will be on time to all practices and games.
- ... I will not use tobacco, alcohol, drugs or any mood-altering chemicals.
- ... I will talk to my coach if I have concerns/problems, but not during practice/game time.
- ... I understand CISD practices/games attendance is **mandatory** over outside school sports.
- ... I will not have my phone out at ANY time in the locker room or during athletics unless I have been given permission from a coach.

Make-Up Practices & Matches

Definition: (Excused vs. Unexcused)

Excused

1. Medical – Doctor's note and phone call (make-up – Coach discretion)
2. Illness – Parent phone call or email notification (make-up – Coach discretion)
3. Injury – Present at practice but must have a note from parent/doctor (make-up – Coach discretion) **SEE THE TRAINER BEFORE YOU SEE A DOCTOR!**
4. Tutoring if approved by coach before going (make up – Coach discretion)
5. STARR related (make up – Coach discretion)
6. Death in family – Phone call or email notification (no make-up)

Note: Must be in attendance at school 3 out of 5 periods

Unexcused-

1. Absences due to Vacation/Fall/Winter/Spring Break
2. Illness – No contact
3. Absent from Practice

Make-ups

- Excused – 10 min run, 20 serves, 50 wall passes, 50 wall sets
- Unexcused – 10 min run, 20 shuffle net drills, 20 serves, 75 wall sets, 75 wall passes – if second time add 8 towel pushes; third time add 50 block jumps and could be grounds for dismissal from the team – Coach discretion.

Guidelines

- Tardiness to practice is not acceptable. A note from a teacher is required for entrance.
- **Three** unexcused absences from practice **without notification** can be grounds for dismissal from the volleyball program (regardless of make-ups completed).
- If a set or match is missed, the athlete will not participate in the next set or match. Athletes are required to attend each event with the rest of the team.
- If practice is missed the day before a match, the athlete will not participate in the next match until the missed practice has been made up before participating in a game.

Guidelines Continued

Appearance

- Wear the correct clothes each day (7th grade morning practices red shirt/black shorts)
- 8th grade athletic clothes will be worn since they go to practice from 8th period)
- Wear athletic shoes EVERY day
- Spandex worn only in the gym
- Wear your hair up and out of your face at all times
- No jewelry
- Do not alter your uniform or practice attire in any way
- Road trips – get off the bus ready to play
- No cell phones/headphones at practice, on buses, or at games in stands
- Athletes will ALL LOOK THE SAME ON AND OFF THE COURT
- Always look like a volleyball player (knee pads, socks, and court shoes on)

Attitude

- Maintain a positive attitude! Encourage your teammates; be energetic, enthusiastic and focused. Cheer for your teammates. No negative cheers towards the other team
- Dedicate yourself to the program - you belong to something bigger than yourself
- No distinction between grade levels - we are all Lions! Support all teams at all times!
- Pride is a must! Be prepared, dependable, and excited!

Behavior

- Student athletes will follow the *Athletic Code of Conduct*
- Do not use foul language – extra conditioning will result
- No tobacco, alcohol, or drug use – consequences will be severe
- In the classroom:
 - Be a GOOD leader and ROLE MODEL
 - Treat all teachers and staff members with respect and kindness
 - Keep your grades up – turn in work on time and do quality work
- ISS/Discipline/Low grades – extra conditioning and other measures will be used

Travel

- Be on time (we cannot and will not wait). It is always better to be 5 minutes early.
- Cell phones will be taken up upon boarding the bus and not given back until time to communicate with parents to pick up from school.
- You must ride the bus to and from events. If there is an emergency situation, please talk to your coach as soon as possible and let her know what is going on.
- A Parent/Guardian Transportation Consent Form must be filled out 24 hours in advance of the event in order for the coaches to release the athlete to go home with a guardian only. This form must be given to the Head Coach of each team.
- Players will not leave games or tournaments early with parents. They will stay with the team and encourage the team that plays before them or after them.
- If parents want to bring their daughters food for game day they must have it at the gym no later than 3:45 on game day. Players are not allowed to leave school on game days to go and get food. They will stay with coaches in the 8th period until it is time for the home or away game.

Practice

- Be on time. All athletes will be in the locker room BEFORE the bell and be out within 5 minutes after the bell. Reminders will be given for habitual offenders.
- 7th grade will begin practice at 6:15 – 7:40am. Doors to the locker room will open 10 minutes prior to the start of practice. Students will go to breakfast at 7:50am.
- Practice 8th grade M, T, and Fridays 4:00 – 5:00pm. Wednesday 3:20 – 4:30pm due to no Power Hour on Wednesdays. Occasionally, there may be a morning practice for 8th graders on Wednesday if there is a mandatory staff meeting for our coaches.
- Study hall/tutoring is required for ALL athletes this year. Volleyball practice for 8th grade will begin practice at 4:00 – 5:00pm except for Wednesdays and practice will end at 4:30pm on Wednesdays since there is no power hour that day. Please pick up your athlete on time.
- Try to never miss a practice – if you are sick, communicate with your coach before the start of practice.
- If you are ill or injured, you are still expected to dress out unless that is not possible due to the injury or illness. Duties may be assigned to help you earn your grade.
- Communicate with your coach by calling, emailing, or through SportsYou prior to the start of practice if you will be absent or late. Failure to communicate with your coach could result in extra conditioning or loss of playing time.

Matches

- Warm ups are to be taken seriously and set the tone for the game.
- Cheer for your teammates when you are not in the game.
- Check the schedule carefully – avoid conflicts that would cause you to miss a match.
- 'B' team plays first, followed by the 'A' team
 - All players must help assist during warm-up time to shag volleyballs
- **Calling lines at volleyball games is mandatory when it is your turn.** There will be a schedule for each game and you are expected to fulfill this team duty. Know when it is your turn and arrive on time to speak with the official before the match begins.
- You must stay for all games. You will not be released until all equipment is up, uniforms are turned in, and a coach dismisses you.

Communication

- Parents/Guardians- as with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals and skills, but the following will not be discussed:
 - Playing time
 - Play selection
 - Personnel
- Encourage your athlete to talk to her coach if there is a problem, questions, or concerns
- Chain of Command:
 - Coach
 - IMMS Girls' Athletic Coordinator (Renee Young)
 - CHS Girls' Athletic Coordinator (Dena Atzenhoffer)
 - Director of Student Services (Lenny Lasher)

Promptness

- Be on time for workouts, practices, and matches. See the following guidelines and consequences for being late to practice:
 - 1st time = warning and 25 wall jumps
 - 2nd time = 2 towel pushes and 50 wall jumps
 - 3rd time = limited playing time, parent contact, 4 towel pushes, 50 wall jumps
 - 4th time = suspension of a game, parent contact, 6 towel pushes, 50 wall jumps
 - 5th time or more = indefinite suspension from the team

Social Media

- Social media should be monitored by parents/guardians. Comments about CISD players and or coaches should be only positive in nature.
- SportsYou is the primary means of communication and we highly encourage all athletes and parents to join now:

21-22 Girls Athletics SportsYou Code:

8W2Y-PEJB

21-22 Volleyball SportsYou Code:

TMTG-W38J

Instagram:

@imms_girlsathletics

Irma Marsh Middle School

Volleyball Schedule

2021-2022

Date	Day	Grade	Opponent	Location	Time
Sept 2nd	Thurs	7th 8th	Mineral Wells	CHS North Gym IMMS Gym	5:00/6:15pm
Sept 9th	Thurs	7th & 8th	Creekview	Away	5:00/6:15pm
Sept 11th	Sat	7th & 8th	Tournament	IMMS	TBD
Sept 16th	Thurs	7th 8th	Prairie Vista	CHS North Gym IMMS Gym	5:00/6:15pm
Sept 18th	Sat	8th A Team ONLY	Tournament	Benbrook	TBD
Sept 23rd	Thurs	7th 8th	Springtown	CHS North Gym IMMS Gym	5:00/6:15pm
Sept 30th	Thurs	7th & 8th	Argyle	Away	5:00/6:15pm
Oct 7th	Thurs	7th 8th	Azle	CHS North Gym IMMS Gym	5:00/6:15pm
Oct 14th	Thurs	7th 8th	Decatur	CHS North Gym IMMS Gym	5:00/6:15pm
Oct 21st	Thurs	7th & 8th	Azle Forte	Away	5:00/6:15pm
Oct 25th	Mon	7th & 8th	Lake Worth	Away	5:00/6:15pm
October 30	Sat	District Tournament	TBA	Away	TBD

8th Grade: A) Taylor Mikesich B) Debra Alsip

7th Grade: A) Renee Young B) Jennifer Castillo

Athletic Coordinator (IMMS): Renee Young

Head Volleyball Coach (CHS): Dena Atzenhoffer

Principal: Karelyn Roberts

Executive Director of Student Services: Lenny Lasher

Superintendent: Renee Smith-Faulkner

Calendar

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
					*Volleyball players will need physical before Monday	
15	16	17	18	19	20	21
	Volleyball Try- Outs	Volleyball Try- Outs	Volleyball Try- Outs	Parent Night 5:00 pm	Physicals are needed to stay in Athletics!	
22	23	24	25	26	27	28
	Practice 7th 6:15-7:40 am 8th 4:00-5:00 pm	Practice 7th 6:15-7:40 am 8th 4:00-5:00 pm	Practice 7th 6:15-7:40 am 8th 3:20-4:30 pm	Possible Game	Grade check! Practice 7th 6:15-7:40 am 8th 4:00-5:00 pm	
29	30	31				
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00				

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS vs. Mineral Wells No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	
5	6	7	8	9	10	11
	No School No Practice	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS @ Creekview No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	IMMS Tournament
12	13	14	15	16	17	18
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS vs. Prairie Vista No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	8th Grade A @ Benbrook
19	20	21	22	23	24	25
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS vs. Springtown No Practice	End of 1st Six Weeks Grade check!	
26	27	28	29	30	1	2
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS @ Argyle No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	
3	4	5	6	7	8	9
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS vs. Azle No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	
10	11	12	13	14	15	16
	No School No Practice	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS vs. Decatur No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	
17	18	19	20	21	22	23
	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 4:00-5:00	Practice 7th 6:15-7:40 8th 3:20-4:30	IMMS @ Azle Forte No Practice	Grade check! Practice 7th 6:45-7:40 8th 4:00-5:00	
24	25	26	27	28	29	30
	IMMS @ Lake Worth No Practice				End of Season Party for Volleyball	District Tournament

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114

(817) 252 - 2071

Irma Marsh Middle School Volleyball Athlete & Parent/Guardian Agreement and Consent Form

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Athlete/Parent Handbook**. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Athlete/Parent Handbook**. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date