

## Hamburg School Intramural Volleyball 2023

Please read the following information carefully. Parents please read, sign and return the bottom of this form. Hand in signed form to the coaches as soon as possible.

- Intramural volleyball is a fun after school activity for grades 5 through 8. We will be doing some light conditioning/stretching, skill work, and have games against each other. Our hope is that the students learn the fundamentals of the sport, rules of the game, and have fun. Hamburg School students will not be competing against other schools.
- Students may join track and volleyball. The student should attend any track meets scheduled for Tuesdays and Thursdays instead of volleyball.
- Our first practice will be Tuesday, April 18, 2023. Volleyball will end Thursday, May 25, 2022.
- Practices will be Tuesdays and Thursdays, 3:00-4:30
- If your child will be missing a practice, a parent must email a coach or notify the office. If we do not receive an email, we will have to reach out to you to make sure your child is safe.
- Students must have transportation home after practices. If students are going to be walking home on a particular day, a note from a parent must be submitted to the coaches on that day. If your student is an everyday walker, please fill out the walker section on the next page.
- All students must have appropriate shoes. We suggest gym clothes and sneakers. Additionally, jewelry should be taken off during practice.
- **All volleyball players must have sport physicals or updates before they are able to participate in practices.** (Please see a coach or Mrs. Brady if you need forms.)
- If you have any questions, please contact Mrs. Danko or Mrs. Ratzer. ([vdanko@hamburgschool.com](mailto:vdanko@hamburgschool.com) or [aratzer@hamburgschool.com](mailto:aratzer@hamburgschool.com))

After reading the policies for volleyball, please keep this top page for your reference, and return the completed second page to the coaches.

Please return this page to Mrs. Danko or Mrs. Ratzer.

I have read the following information concerning the 2022 volleyball season, and

allow \_\_\_\_\_ to participate.

Parent signature \_\_\_\_\_

Please check one of the following:

\_\_\_\_\_ My child has a sports physical on file, and I only need an update form.

\_\_\_\_\_ My child has a sports physical and is also participating in track.

\_\_\_\_\_ My child needs to have the physical paperwork that will be completed and approved by the Hamburg School Health Office before April 28,2022.

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Student Walking Home Permission

\_\_\_\_\_ is allowed to walk home after Volleyball practice.  
(Student)

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_