

## Fort McMurray Christian School Junior High Volleyball Team

Dear Parents,

Starting next Monday, FM Christian School will be having volleyball teams for both girls and boys in Junior High.

**Practices will start taking place on Wednesdays and Fridays, starting on Oct 7<sup>th</sup> after school until 4:15.** There will be no buses to take students home at 4:15, so you will need to arrange for other transportation.

There will no games versus other schools or tournaments at this time. This is an opportunity for students to practice and improve their basic volleyball skills.

Mrs. Vroom and Mrs. Vanden Pol will be running the practices. Parents will not be able to volunteer this year and we will be following the School's Athletic Policy in regards to Covid-19.

To participate, please fill in the **Volleyball Practice Permission Slip** and **The Student and Parents Sports Agreement** page.

To return these forms, please join our Elementary Sports Remind - @jhroyals  
Take a picture of the signed forms and send them to us there. Otherwise, you can e-mail them to Mr. Vanden Pol

If you have any questions about sports or just want to say hi, please e-mail me at:  
ronald.vandenpol@fmcsd.ab.ca

-Mr. Vanden Pol

**This form must be returned by Wednesday, October 7<sup>th</sup>.**

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I, \_\_\_\_\_,

give permission for \_\_\_\_\_ to play on the

**FM Christian School Volleyball team.**

I will make sure my child gets picked up on time from practices and tournaments.  
Not doing so may result in them no longer being allowed to participate on the team.

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**Date**

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**Signature**





# FM Christian School

## Student and Parent Sports Agreement

**Student's Name:** \_\_\_\_\_

**Athletes** are expected to:

- 1.) Demonstrate sportsmanship and Christian character both on and off the court
- 2.) Respect officials and coaches
- 3.) Wear proper clothing and footwear for the sport
- 4.) Stick to water bottles over sports drinks
- 5.) Play their best, whether winning or losing
- 6.) Ensure that their coach/supervisor knows where they are at all times
- 7.) Commit to trying to come to as many practices, games, and tournaments as possible and inform coaches early if they cannot.
- 8.) Be an active, effortful, and positive member of their classroom.

**Parents of Athletes** are expected to:

- 1.) Arrange rides for their children to and from practices, games, and tournaments
- 2.) Respect officials and keep comments positive
- 3.) Not coach from the sidelines. If you would like to coach a team please volunteer before the season starts, not during the first game from the stands.
- 4.) Cheer! ☺
- 5.) Arrange rides for their children to and from practices, games, and tournaments. This is on here twice because it is very important. Coaches and Teachers volunteer their free time for your child, so please respect that and be on time

### **SPORTS PARTICIPATION AGREEMENT**

*I have read and hereby agree to the FM Christian School Sports Agreement.*

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*As a parent/legal guardian of the student signing above, I have read and hereby agree to the FMCS Sports Agreement.*

Parent/Guardian Name (Please Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Emergency Information**

Home Number: \_\_\_\_\_ Person being called: \_\_\_\_\_

Cell Number: \_\_\_\_\_ Person being called: \_\_\_\_\_

Student Medical Alerts/Allergies: \_\_\_\_\_

Student Health Card Number: \_\_\_\_\_