

June 2026

To: Volleyball Participants of incoming 5th-8th grade/Parents

RE: 2026 Girls' Volleyball Season

The 2026 volleyball season is rapidly approaching. We are looking forward to a very enjoyable season. Volleyball can be a very positive experience for your daughter if they adhere to the guidelines set forth by the student handbook and coaches. From our standpoint, it is extremely exciting to see North Lakeland students share a common respect for teammates, coaches, and other schools. We fully expect volleyball to help foster a number of positive attributes including physical fitness, healthy competition, respect for rules and regulations, and a sense of responsibility.

We, as coaches, would like all parents and participants to be aware of all rules and regulations before the season starts. Some of the rules and expectations are as follows:

- 1) All school rules will apply as stated in the handbook
- 2) No hard candy or gum during practices or games.
- 3) Food / drink may be consumed only in the cafeteria at appropriate times.
- 4) No foul or abusive language will be tolerated.
- 5) Students will not invite their friends to watch practice.
- 6) No jewelry will be worn at practices or games.
- 7) **A note from a parent** must accompany the student if they are to leave early from a practice or game, or miss a practice or game completely. **A note from a parent** must accompany the student if they are leaving a game with a teammate's parent.
- 8) An unexcused absence will result in dismissal from the next game. Two unexcused absences will result in penalties.
- 9) Please arrange rides home **NO LATER** than 5:05 on practice days. Practices run from 3:30-5:00.
- 10) The athlete must inform the coach **BEFORE** practice if it is to be missed for a legitimate reason as stated in the handbook.
- 11) Consequences for not adhering to the above may result in removal from a game and/or the team.
- 12) ***Per league rules, non-distracting socks (white or black) must be worn during games!***

This year, our varsity team will have 8th graders and some 7th graders. These games usually start around 4:45 p.m. and consist of five sets. Coach Kedzierski will use her club coaching knowledge to start working on specializing in positions and getting the girls ready for high school volleyball. **Note: we may start with summer practices for 7th and 8th graders the week of August 17, 2026. Pay attention to summer communication.**

Our junior varsity team will have some 7th graders and 6th graders. These games start at 3:45 p.m. and consist of three to four sets, depending on the school we play. Incoming 7th graders can talk to coaches about what team they might play on.

Our 5th grade squad will be a practice squad only. We encourage girls to come out to play to get the foundational skills, but they will not be playing in games. They are encouraged to stay for home games to watch with a parent, but will not be traveling to away games with us. **Note: Coach Sara Fieweger will also be helping out in coaching the 5th grade team for practices.**

Our first regular practice for 5th-8th graders will be Tuesday, September 1, 2026. **An updated physical (within the last 2 years) must be on file before a student can participate (they may come to practice, but may not participate until the physical form is on file). Please use the summer to update all forms. If needed, contact the school office to inquire about the status of your child's physical.**

Thank you!! Coach Jen Kedzierski – jkedzierski@nles.us Coach Christine Wallace – cwallace@nles.us