

# Middle School (5<sup>th</sup> – 8<sup>th</sup>) Girls Volleyball – Summer/Fall 2019 Information

## 1. Summer – Girls Volleyball Open Gym (5<sup>th</sup> – 8<sup>th</sup> Grades)

- a. Student's entering the 5<sup>th</sup> – 8<sup>th</sup> grades for the 2019 – 2020 school year are welcome and encouraged to attend. Coach Summer Parker would love to get started working with you.
- b. **Coaches Contact Information:** Summer Parker ([Summer.Parker@oakhilldayschool.org](mailto:Summer.Parker@oakhilldayschool.org))
- c. **A google doc will be used as a sign-up sheet for summer open gyms.** Please go to the link listed below to access the online sign-up sheet. On the sign-up sheet you may request to Bill Acct./Pay Cash). If paying with cash you may drop payments off with Coach Summer at open gym.  
<https://docs.google.com/spreadsheets/d/1f369VhH0dQuSYJKzSrvBTimWYgFOji6iqJZ3oPCBe3c/edit?usp=sharing>  
  
If you would like the google doc link emailed to you please email Coach Smith @ [Kellen.Smith@oakhilldayschool.org](mailto:Kellen.Smith@oakhilldayschool.org) or Coach Summer Parker @ [Summer.Parker@oakhilldayschool.org](mailto:Summer.Parker@oakhilldayschool.org)
- d. **Cost: \$8.00** per athletes to attend each individual open gym session. Sign-up and pay for all 5 open gym dates prior to or on the date of the first session (**June 5<sup>th</sup>, 2019**) and receive the discounted rate of \$32.00 for the summer open gym program.
- e. **Open Gym** - Will meet on the following dates; **June 5<sup>th</sup>, June 19<sup>th</sup>, Jul<sup>y</sup> 2<sup>nd</sup>, July 17<sup>th</sup>, and July 31<sup>st</sup>** (3:45pm – 4:45pm)
- f. Open gyms are a great way to get a head start on preparing for the fall 2019 Girls Volleyball season. It is a great way to get to know your coaches, and hopefully some of your future teammates. Girls interested in playing are encouraged to attend.

## 2. Pre-Season Checklist

- a. **Online Athletic Registration:** Prior to the 1<sup>st</sup> day of practice please go online and register for the fall sport you are planning to participate in. Online registration will be available beginning on August 1<sup>st</sup>, 2019. Link below: [www.oakhilldayschool.org/teamregistration](http://www.oakhilldayschool.org/teamregistration)
- b. **Sport Physicals (Please Note):** Each athlete must have an updated sports physical on file here at Oakhill with Nurse Cathy/Coach Smith prior to the 1st day of practice. Sport physicals are valid for one year. All sport physical forms should be uploaded electronically into the students' online health system here at Oakhill. You will not be allowed to practice or play in a game until you have an up to date sport physical on file here at the school.

A copy of the sport physical form may be found on the Hub by clicking on the "Athletics" tab, clicking on "Resources", and then you will click on the link to the sport physical form.

- c. **Athletic Calendar:** The athletic calendar is your hub for all practice/game schedule information. Please go online to the Oakhill Day School website and access the athletic calendar to get the most up to date information. Once you access the athletic calendar you will want to sign up for alerts for MS Girls Volleyball. This will allow you to be notified via text or email anytime a change is made to the athletic calendar (you must request to be sent these alerts). If you have questions regarding the athletic calendar and signing up for alerts please email Coach Smith @ [Kellen.Smith@oakhilldayschool.org](mailto:Kellen.Smith@oakhilldayschool.org).
- i. If the Girls Volleyball practice/game schedule is not showing up on your athletic calendar you will need to change your calendar settings. To do that, you will begin by clicking on the “eyeball” at the top of the athletic calendar. Once you click on the eyeball, you will want to scroll down through all the sports and check the boxes of the teams you want to show up on your athletic calendar. This will help control what information shows up on your athletic calendar. Coach Smith would be happy to assist you with getting this set-up if needed.
- d. **Twitter:** If you have a twitter account please be sure to give us a follow on our Oakhill Athletics twitter page. We try to post pictures from games, schedule changes, results, etc. If you would like to follow Oakhill Athletics, our twitter handle is listed below:  
[@OakhillPanthers](https://twitter.com/OakhillPanthers)
- e. **Please Note:** Please do not use the calendar attached to this packet as your schedule resource when practices begin in the fall. This is subject to change over the summer. This packet is attached to give you an idea of when practices will be, and to give you a general layout of the schedule for the season. Please reference the athletic calendar beginning August 1<sup>st</sup>, 2019 for your most up to date and accurate athletic schedules.
- f. **Games** are typically scheduled for the weeknights, with an occasional Saturday morning/afternoon game. The Fall 2019 game schedule will be available the beginning of August, 2019.
- i. **5<sup>th</sup>/6<sup>th</sup> Girls:** Will play 10 - 12 regular season games, with an additional 1 – 3 games possible in the “End of Season League Championship Tournament”.
- ii. **7<sup>th</sup>/8<sup>th</sup> Girls:** Will play in the MPSL Pre-season jamboree tournament, followed up with 10 – 12 regular season games, and an additional 1 – 3 games possible in the “End of Season League Championship Tournament”.

## June 2019

### Girls Volleyball – Summer Open Gym Schedule

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Girls Volleyball Open Gym (3:45pm – 4:45pm)	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Girls Volleyball Open Gym (3:45pm – 4:45pm)	20	21	22
23	24	25	26	27	28	29
30	Girls Volleyball Open Gym:					

## July 2019

### Girls Volleyball – Summer Open Gym Schedule

July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Girls Volleyball Open Gym (3:45pm – 4:45pm)	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Girls Volleyball Open Gym (3:45pm – 4:45pm)	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Girls Volleyball Open Gym (3:45pm – 4:45pm)	Girls Volleyball Open Gym:		

# August 2019

## Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	15 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	16	17
18	19 MS Girls VBall Practice (4 – 5:30pm)	20 MS Girls VBall Practice (3:45pm – 5:00pm)  MS Cross Country Practice (3:45pm – 5:00pm)	21 LS Parents Night <b>NO PRACTICES</b>	22 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	23	24 7 <sup>th</sup> /8 <sup>th</sup> Girls VBall Pre-season Jamboree @ Rock Chalk Pavilion – Lawrence, KS (8am – 1:00pm)
25	26 MS Girls VBall Practice (4 – 5:30pm)	27 MS Girls VBall Practice (4:00pm – 5:30pm)  MS Cross Country Practice (4:00pm – 5:30pm)	28	29 MS Cross Country Practice (4 – 5:30pm)  MS Girls VBall Practice (4:00pm – 5:00pm)	30	31

**Athletic Calendar:** The online athletic calendar is your resource for the most up to date and accurate practice schedules/game schedules. Please sign up for alerts via the athletic calendar. This will ensure you are notified of any changes made to the athletic calendar. This is a tentative schedule, which is subject to change at any time. Please follow the online athletic calendar for any changes.

# September 2019

## Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>LABOR DAY</b> <b>NO PRACTICES</b>	3 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	4	5 MS Cross Country Practice (4 – 5:30pm)  MS Girls VBall Practice (4 – 5:30pm)	6	7
8	9 MS Girls VBall Practice (4 – 5:30pm)	10 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	11	12 MS Cross Country Practice (4 – 5:30pm)  MS Girls VBall Practice (4 – 5:30pm)	13	14
15	16 MS Girls VBall Practice (4 – 5:30pm)	17 MS Girls VBall Practice (4 – 5:30pm)	18	19 MS Girls VBall Practice (4 – 5:30pm)	20	21
<b>7<sup>th</sup> Grade Grand Canyon Trip (Sept. 16<sup>th</sup> – 19<sup>th</sup>)</b>						
22	23 MS Girls VBall Practice (4 – 5:30pm)	24 MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	25	26 MS Cross Country Practice (4 – 5:30pm)  MS Girls VBall Practice (4 – 5:30pm)	27	28
29	30 MS Girls VBall Practice (4 – 5:30pm)	<b>Athletic Calendar:</b> The online athletic calendar is your resource for the most up to date and accurate practice schedules/game schedules. Please sign up for alerts via the athletic calendar. This will ensure you are notified of any changes made to the athletic calendar. This is a tentative schedule, which is subject to change at any time. Please follow the online athletic calendar for any changes.				

# October 2019

## Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	<b>2</b>	<b>3</b> MS Cross Country Practice (4 – 5:30pm)  MS Girls VBall Practice (4 – 5:30pm)	<b>4</b>	<b>5</b>
<b>6</b> Stage Goes up in Gym thru October 18 <sup>th</sup>	<b>7</b> MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	<b>8</b> MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	<b>9</b> MS Drama Performance @ 7:00pm  <b>NO                      PRACTICES</b>	<b>10</b> Red Barn Farm @ 4:30 – 8:30pm  <b>NO                      PRACTICES</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> MS Girls VBall Practice (4 – 5:30pm)	<b>15</b> MS Girls VBall Practice (4 – 5:30pm)  MS Cross Country Practice (4 – 5:30pm)	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>6<sup>th</sup> Grade Heifer Trip (Oct. 16<sup>th</sup> – 18<sup>th</sup>)</b>						
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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