

## CRUSADER VOLLEYBALL 2018 – BELIEVE AND ACHIEVE



### Christ the Redeemer – Lady Crusader Volleyball 2018

#### Uniforms:

- Uniforms will be distributed to the players prior to the first game.
- Each player will receive one black jersey (libero will receive white) and one pair of matching black shorts/white piping. Players must wear uniform as provided.
- Please purchase two pairs black crew length socks and black knee pads (ASICS Low Profile or similar)
- Uniform Care: Please read the manufacturer label and wash using COLD water, do not use chlorine bleach, and never dry on the HIGH temperature setting. This team set of uniforms is brand new and needs to last approximately 5 seasons. Please take care of them. Each player set is worth over \$70.

#### Forms/Fee:

- Forms include: Parent/Student Ethics Agreement (pg 15 of the Athletic Handbook) and Athletic Early Release Transportation Form. These forms are posted to the website.
- CSO Medical Physical (releasing child by physician to play). This form is posted to the school website. *A physician MUST sign in 2 places.*
- The Athletic Fee for the 2018-2019 school year is \$200 per player per sport. Make checks payable to CtRCS. If sending to school please place check in an envelope labeled 'Athletics-Volleyball 2018'.
- A completed and signed physical form and athletic fee is **due the week of August 20th. Players will not be allowed to continue practicing with the team or participate in competitive play until physical and athletic fee is submitted to the Athletic Department.** Please contact Coach Leach with questions or concerns.

#### ImPACT Concussion Screening:

- Please refer to the Athletic Handbook for additional information. We strongly encourage baseline testing for 7<sup>th</sup> graders through Willowbrook Methodist Hospital. Athletes must be 12 years old to participate in the computer-based assessment.

#### Team Email Distribution List - Flocknote:

- Please provide cell phone numbers and email addresses to receive information and last-minute changes in game/practice schedules or locations due to weather or unforeseen reasons.
- Emails from the coaching staff regarding last minute changes are sent by or at the direct request of the Athletic Department only.



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- Please do not contact the front office with questions related to the volleyball season.

### Varsity/JV/C-team Rosters:

Rosters will be posted before the first game. Eighth grade athletes must play on the Varsity team. Sixth and seventh graders may play on both Varsity and JV teams. Fifth grade athletes are considered developmental players and will typically play on the C-team. This will depend on the overall size of the team, skill level, and ability as determined at try-outs.

### Game Schedule:

The full game schedule will be released as soon as we receive it from the GHCAA. Home games will be played at the RAC Gym. Game days are Monday and Wednesday with an occasional game scheduled on Friday. **Our first game is an AWAY game scheduled for Sept 5<sup>th</sup> at St. Elizabeth Ann Seton. Our 1<sup>st</sup> home game will be against St. Anthony of Padua on Monday, Sept 10<sup>th</sup>.**

The school addresses we compete against include:

#### OUR HOME COURT:

CtRCS RAC Gymnasium 11511 Huffmeister Rd, Houston, Texas 77065

St. Elizabeth Ann Seton  
6646 Addicks Satsuma Rd Houston, TX 77084

St. Anne Tomball  
1111 South Cherry Street Tomball, Texas 77375

St. Martha Catholic School  
4301 Woodridge Parkway, Porter, TX 77365

St. Anthony of Padua  
7801 Bay Branch Dr, The Woodlands, TX 77382

St. Edward Catholic School  
2601 Spring Stuebner Rd, Spring, TX 77389

Sacred Heart Conroe  
615 McDade St, Conroe, TX 77301

St. Mary Magdalene  
527 S. Houston Ave, Humble, TX 77338



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### Practices:

- Regular season practices will be held Tuesday and Thursday starting Monday, August 20th.
- The first 2 weeks we will hold practices 3 days a week: Aug 20, 21, 23 and Aug 27, 28, 30 from 4:00pm – 5:30pm.
- Study Hall will be offered on practice days from dismissal until practice begin; details and location to be determined. Send a snack. Parent volunteers may be requested.
- Coaches will determine which team or teams each player will be assigned to before the first game of the season Sept. 10<sup>th</sup> (away at St. Anthony of Padua). Cuts may be necessary depending on turnout.

Please remember to send a refillable water jug to practice with your player. Refill water will be available but players MUST have a container. Please pick up your child promptly. The coaches really appreciate it.

### Game Days:

We plan to have 3 teams for the 2018 season. This is dependent on overall turnout. There is a possibility that not all opponents will have all 3 teams. When our opponent has 3 teams, C-team will ALWAYS compete first at 4:30pm with the JV match immediately following at 5:30pm and Varsity at 6:30pm. When our opponent has only 2 teams, the lowest level match will begin at 4:30pm. Warmup is always 30 minutes before game time: 4:00pm for C-team or the lowest level team playing.

- For **AWAY games**: Parents are responsible for transporting/arranging carpools to and from host locations. Players are expected to be picked up at regular dismissal and arrive on time for warm-up.
- Athletic Early Release will be called if needed for AWAY games ONLY. Please follow the guidelines in the Athletic Handbook.
- Coaches and school faculty are not allowed to transport players.

### Uniforms:

- Players must have full uniform
  - o Uniform Jersey and Shorts
  - o Black crew socks
  - o Knee pads (players are encouraged to wear this protective gear)
  - o Court shoes/sneakers
- **Players must have:**
  - o Filled large water jug and pre-warmup snack

Please notify the coaching staff in advance of any missed practices and/or games. If your player is not able to attend a game please encourage your student athlete to let coaches know as soon as possible. A follow-up email



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from parents is greatly appreciated. Attendance at practice and games affects team line-ups and strategy.

### **Carpooling for games:**

Carpooling is our only transportation option. If you know that your child will need a ride to the game start thinking about possible carpooling options. Virtus trained parents with space in their cars please let other parents know. For regular release game days, communicate carpool arrangements via email to your player's homeroom teacher and the front office by 12:00pm that same day. We do not want to disrupt dismissal in any way.

### **Fall Sport Picture Day:**

- Picture day is scheduled for **Wednesday, September 26<sup>th</sup>**, immediately **after school** in the RAC Gym. Forms will be distributed ahead of time and will be available on the day. In order to have a complete team photo, all players are asked to attend. Team/individual picture orders are not required.
- Wear complete uniform including for picture day.

For any questions please contact Coach Leach at [andrea.leach@ctrschool.com](mailto:andrea.leach@ctrschool.com).

We thank you for your support of our Crusader Athletes!

**Go Crusaders!**

Christ the Redeemer Catholic School  
Athletic Department