**KAMEHAMEHA MIDDLE SCHOOL VOLLEYBALL PROGRAM**

August 8, 2016 

Aloha Interested Players and Parents,

Thank you for your interest to participate in the middle school volleyball program. The Goals of the program are to introduce students and parents to the exciting game of volleyball and teach life skills such as goal-setting, communication, responsibility, leadership, risk-taking and teamwork.

The first practice will be on Tuesday, August 16, 2016. Before you can practice, you must complete and turn in the following:

1. **Concussion Test (After August 1st, Call the Athletic Training Office at 982-0743 to schedule an appointment).**
2. **Physical Form**
3. **Athletic Handbook Acknowledgment (student and parent – complete in KS Connect)**
4. **Athletic Agreement and Release (student and parent – complete in KS Connect)**
5. **Sports Clearance by MD**

For the month of August, practices will be on Mondays, Tuesdays and Thursdays. We will participate in the P&R league which is scheduled to begin in September and end in November. Games will be on Tuesdays and Thursdays at various gyms in Hilo (Hilo Armory, Kawananakoa, Panaewa, etc.). Before games start, we will have a parent meeting.

For more information please see the Daily Bulletin or Middle School Volleyball Site in my science blog. To get there, go to the middle school home page, Daily Bulletin or Science – Kaaa, then click on KMS Volleyball on the top menu.

If there are any questions or concerns, please email me at: [kykaaa@ksbe.edu](mailto:kykaaa@ksbe.edu)

Mahalo, Coach Kaaa