

**VHS Girls Beach Volleyball 2025-26
Player Information Sheet**

First Name: _____ Last Name: _____

Street Address, City, Zip: _____

Parent or Guardian Name: _____ PH: _____

Parent or Guardian Email: _____

Emergency Contact (If different Than Above): Name: _____ PH: _____

Player PH: _____ Player Email: _____



- Willed - Valued

- Selfless - Sand D

Current Class (Circle):

Frosh. Soph. JR. SR.

Please check those boxes below that apply concerning your athletic background:

☐ VHS Returning Beach Player ☐ Indoor Volleyball ☐ VHS Other Sport: _____

New Athletes, Please List Prior Sports & Activities: _____

Important Info & Acknowledgment:

Beach VB players are asked for the following participation to maintain "eligible-to-play status" and remain in good standing with the program. The seasonal format of practice and play is below:

-Fall Training Block: Two practices per week & two 1-hour workouts per week over six weeks in November/December. No practices over the Thanksgiving Holiday or Winter Break.

-Winter Training Block: Two weekly practices and one competition day (Friday Cauldron Play).

-Competitive Dual Season - Two Matches and one practice per week (mid-February through mid-April), and Friday Cauldron Play

Although you will not have practice or matches every day of the week, your availability must remain flexible. Beach volleyball is an outdoor sport, and there is always a possibility of a cancellation or postponement due to weather. For instance, if a Wednesday practice needs to be canceled due to extremely high winds, we want to have the ability to reschedule for Thursday if possible. If there is a conflict with your club practice or job/work schedule, please let the coach(s) know immediately.

Additionally: -Any missed time or early departure needs due to the club/other volleyball participation rule must be discussed with the coaching staff before the start of the season.

-Each player will be allowed one missed practice to catch up on schoolwork, an appointment, or for mental health purposes during the season. NO QUESTIONS ASKED. You must inform the coaching staff the day before and, at least, by 10 AM the day of your planned day off (again, preferably the day before). A text message, "Hey coach, I need tomorrow off is sufficient. We ask that every effort be made to make Cauldron matches. Missing Cauldron Fridays burdens the other athletes and the program Cauldron system.

Your Team & Partner(s) Depend on You: While beach volleyball is a team sport to win three out of five matches at a duel, it is played by partner pairs. Those who miss practice or Caldron can also eliminate their partner from competing in the next event. This may include calling out sick as "time away from the team" is "time away from the team," it is hard to take an opportunity away from a competitive pair who is at practice.

Player Name: _____ Sign: _____