



## R&L Fusion



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Hello,

I hope you all had a great and relaxing summer! I am excited for another season of volleyball and hope you are too!

The first day of practice will be Friday, August 16th at 2:45 PM in Lambert. We will also have practice on Saturday the 17<sup>th</sup> at 7:00 AM. A physical and concussion form needs to be turned in to either school office or brought with you to practice, you will not be able to practice until you bring one.

A reminder that practice and game shorts need to have at least a 3" inseam, no short shorts! Please bring court shoes, knee pads, water bottle, and a positive attitude. Come ready to work hard and have fun!

Jessica Spinner will be assisting me this year. She has worked with the junior high volleyball for the past few years and I am really excited to have her on board.

Feel free to contact me at 406-480-7552 or at [ameliapust@yahoo.com](mailto:ameliapust@yahoo.com) with any questions.

I look forward to seeing you at practice and the exciting season to come!

Amelia Pust