

Fusion Volleyball Athletes and Parents

Dawn Trotter and I are excited to continue to be your JV and Varsity coaches for the 2026 season. Most of you know what to expect, but we encourage you to come prepared and ready to work as we want to continue to challenge and push you to be your best!

There is a mandatory parent meeting August 13th at 6pm in the Richey Gym. One parent to each athlete **MUST** be present. I will take any questions at this meeting and I will also be outlining our expectations for the girls, touching base on work ethic, playing time, teammate expectations and parent expectations. At this meeting I will pass out a set of training rules that both a parent and athlete must sign and return back to me the first week of practice.

The first practice will be in Lambert on August 14th at 4pm to 6pm. There will be practice on Saturday the 15th in Lambert (time TBD). I plan to keep everyone updated on the **TeamReach** app. I would like to have at least 1 parent to each athlete and all athletes on this app so I can stay connected with you all. Download the app and type in the group code **Fusion25** to gain access to this group messaging system asap.

What to have completed by the first practice in order to participate:

1. Sports physicals or renewed interim medical form.
2. Concussion/Sudden Cardiac Arrest form
3. Student athlete handbook form(signed)

You are unable to participate in practice without these forms. Please turn into Deb at the Richey office or to me on the first day of practice. If you had a sports physical last year, this year you can just fill out the interim medical form in place of your physical. There is one exception to this rule, **ALL INCOMING FRESHMAN MUST HAVE A FULL SPORTS PHYSICAL DONE BY A PROVIDER** even if they received one last year.

The girls will need gym shoes, knee pads, appropriate shorts/spandex and no belly shirts for practice. We will also be wearing black spandex or black shorts of your choosing for games. Please have at least a 5 inch inseam. Please plan to bring a water bottle to practice as we will be running a fast paced practice and we will not have time for everyone to be waiting in line for drink breaks.

If you have any questions please feel free to reach out at any time. We are looking forward to being your coaches and helping you grow.

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