

Hello!

I am excited for another season of volleyball and hope you are too!

The first day of practice will be Friday, August 11th at 6:30 AM in Lambert. Richey bus will leave at 6:00 AM. We will also be practicing at the same time on Saturday the 12th. If you do not have a physical turned in to either office or bring it 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!

My home phone # is 406- 583-7558 and my cell # is 406- 941-3590. My email is [shasta@midrivers.com](mailto:shasta@midrivers.com). Please contact me if you have any questions. Amelia Pust will be assisting me this year, she brings a lot of experience and knowledge of the game to the team! See you on the 11th!

Shasta Senner