



**R&L Fusion**



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## **JH Volleyball Athletes**

I'm excited to be returning as your junior high volleyball coach for the 2024 season. Dawn Trotter will be the new assistant coach for this 2024 season and I'm looking forward to having her.

My hope is that you are as excited as I am to get into the gym. Volleyball is HARD. It takes a lot of self discipline and positive support from your teammates to be successful. There is nothing more rewarding than working together as a team to achieve goals. When you tie up those shoelaces, let's be ready to work. I promise the fun will come with the hard work too!

This season is meant for 7<sup>th</sup> and 8<sup>th</sup> graders. With that being said, 5<sup>th</sup> and 6<sup>th</sup> graders are apart of this program as well. I'm a firm believe that these two extra years in the gym help improve the programs level of play and it also helps the upper classmen become better leaders. We are not the only program that brings up 5<sup>th</sup> and 6<sup>th</sup> graders so there are teams we play where there will be matches specifically for this age group. JH matches will usually play best of 3, then two extra games will be played for 5<sup>th</sup> and 6<sup>th</sup> graders. Bare with me here as this changes dependent upon who and where we are playing.

I know everyone wants their daughter to see the most playing time. Rest assured, I am the first one that wants to make sure everyone sees the playing time they deserve at the level of play they are most comfortable. I would prefer to visit with the athlete if there are playing time questions but if a parent insists, I ask that you please set a meeting up with me by calling me on my cell. I am free for meetings almost everyday before and after practice. I will not discuss matters directly before or after games.

When you come to the first day of practice, you have committed to being apart of a team. You will be receiving a list of training rules the first day of practice. These rules will hold you

accountable to your teammates, so we can have a fun and successful season. Please have you and a parent sign this and bring it to me the first week of practice. Your concussion statement, your student participation form (physical) and acknowledgment of the athlete hand book form, need to be turned into Deb in Richey or to me on or before the first day of practice. You cannot practice without a complete physical and physical form so please have this done.

The first practice will be in Lambert on August, 19<sup>th</sup>. Practice alternates weeks from Lambert to Richey. The bus picks you up after school to get you to practice by 4pm then it takes you back after practice leaving at 6pm. There is no practice on Wednesdays. Please come prepared to practice with gym clothes, shoes and knee pads. Please dress appropriately with no short shorts or belly shirts. I can't wait to start working with you! If you have any questions or concerns, please feel free to call me with the number I have provided below.

SINCERELY,

SHALEIGH IRIGOIN 406-853-6658