

Longfellow/LDI Volleyball

Dear Volleyball Players,

Welcome to Longfellow/LDI Volleyball! We are excited that you have decided to come out for a fall sport! There are a few things you should know about as you enter the summer:

1. We will start Volleyball practice the **FIRST** day of school. Practice will start right after school and end at 4:30.
 - a. Bring shorts, t-shirt, and athletic shoes. (Knee pads are optional, but highly recommended.)
2. You must be **registered online** to play Volleyball.
3. You must have a **physical** in order to practice! You need 7 practices before you can play in a game. Please get a physical over the summer! You can get a form from the office or online for your doctor to fill out.
4. Enjoy summer! :)

If you have any questions, please email one of the coaches. See you in the fall!

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