

## **Expectations:**

1. Register and pay before our first day of practice
2. Be at practice
3. Be on time and have everything you need
  - a. Equipment
  - b. Spikes / shoes
  - c. Shorts / T-shirt / Long sleeve shirt etc.
  - d. Water bottle
  - e. Anything else you need
4. Work hard / get better / listen / be ready to play
5. Let your coaches know of any serious injuries
6. Be a great teammate
7. Have fun

## **Contact Information:**

Sign up for remind:

Send a text to 81010

Text @e68g7h

Coach Ziemer 320-291-4048

Coach Oberg 320-352-3463