

## **Multi-Sport Athletes and SMV**

Regarding multi-sport athletes, we welcome them and work around the HS sports schedules. If there is a conflict with a game or practice on a night we have practice or an event day, it's okay to miss. Of course, you'll need to look at all schedules and see if there are an excessive number of conflicts, then it might not be worth the expense. We have always had multi-sport athletes on both Silver and Black teams and it has worked out. It is tough but it's doable if the player is disciplined and puts her priorities in order with school being the top priority!!

With that said, we ask players who are multi-sport athletes to bring their HS schedules along with conflicting dates to tryouts so the coach choosing the team knows in advance. While we work around conflicts, we obviously cannot have a team of 10 players with 5 of them being BB players who will miss key competition dates. That is not fair to the whole team...hope that makes sense. It's also important that the player is committed to attend every practice/event date that does not conflict with HS games/practices...meaning being "tired" after BB practice would not be a reason to not attend VB practice. It's also important for them to communicate with their HS coaches and let them know that they will be playing VB. We have found that an open line of communication makes it much easier on all involved...especially the athlete.

All of the older age groups will be practicing M/Th from 7:30-9:30 which gets around most of the HS BB games...knowing there are times when games are on Mondays or Thursdays and they will miss practice these nights.