**Providence Christian Academy**

*Home of The Heart Changer*

***4258 Burrough Drive, Sutie 300 Warrenton, VA 20187***

 ***(Tel) 540-349-4989*** [***www.pcalions.org***](http://www.pcalions.org)

***Preparing Minds for Action, Lives for Service (1 Peter 1:13)***

Hello PCA Middle School & High School Lady Lions,

 Welcome to the 2023 Volleyball Season. Below is the info your player will need for this year.

Athletic Director: Rodney Johnson – rjohnson@pcalions.org

Head Coach JV: Jennifer C. de Franco – jdefranco@pcalions.org

Assistant Coach JV: Kirk Nelson

Head Coach MS: Jennifer C. de Franco – jdefranco@pcalions.org

Assistant Coach MS: Kelli Knight

Please if you have any questions or concerns about our athletic department reach out to Coach Johnson.

BIOS

Coach de Franco was the coach of MS/JV PCA teams last season. She also has coached for Dynamix Volleyball Club (U12, U13, U14 levels) for three years and is Gold Medal Squared trained, IMPACT, and Safe Sport Certified. She played for eight years as a setter and D/S for Osbourn Park HS and went to States her Senior year. She played for Shenandoah University as a Setter while pursuing her nursing degree. She lives in Vint Hill with her husband and three children. They have attended PCA for 7 years now and go to Warrenton Church of Christ.

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Coach Nelson was the AC for PCA’s JV team going on 3 years. He also was the AC for the U14 and U15, and U16s at Dynamix Volleyball Club and is IMPACT and Safe Sport Certified. Coach Nelson is also the school photographer and assists with website development. He owns the The Pixel Pro and has five children. He has been part of PCA for over 16 years helping in many capacities. His family attends Grace Church of Gainesville.

Coach Kelli Knight has coached volleyball for eight years at multiple levels from MS to U18 levels with PCA and Dynamix Volleyball Club. She is Gold Medal Squared trained, IMPACT, and Safe Sport Certified. She played for eight years as a Right Side and Middle Block player for Osbourn Park HS and went to States her Junior year. She played for Bridgewater University. She lives in Warrenton goes to Warrenton Church of Christ.

*A special thank you to our Athletic Director, Coach Rodney Johnson for his hard work and dedication for solidifying our Shenandoah Christian Conference. We are proud that he is the conference President and has worked diligently to put our season together, continues to be our fearless emcee for games, and makes sure our equipment and coaching staff are prepared to offer our PCA students the best in athletics.*

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WHAT TO EXPECT:

New Players Prep: Aug 5 &12 1p-4p (for new players to volleyball and younger players)

Summer Prep Practices: Aug 14 – Aug 25: MS 5p-7p M,T,Th,F JV 7p-9p M,T, Th, F

School Practices: Aug 28 – Nov 3: MS 3:30p-5p M,T,Th,F JV 5p-6:30p M,T, Th, F

Cost: $200 per player, covers Referee fees and gas. Payment due first practice and checks made out to “PCA”

Transportation: PCA will provide transportation to drive players to and from games. If a game is on a school night we will return promptly back to school after the game. Friday games we will eat together at a local restaurant.

Games: Most games are 4:30 MS and 5:30 JV. We belong to the Shenandoah Christian Conference with the majority of our opponents in the Front Royal area. We typically leave about 3p-3:15p

Tournament: Tournament dates will be finalized in August. More info to come but the SCC tournament lasts two days.

Communication: Coach de Franco will set up a Remind App thread to keep parents informed of any scheduling changes and bus departure and arrival times for the MS and JV teams.

Expectations:

* Playtime is not guaranteed, especially for 5th graders. PCA gives the opportunity to develop our young players and we will make every effort to get less experienced players playtime in games where possible, 5th graders will mostly be “practice players” on a Middle School team. The JV team can play 8th graders along with HS students but this is on a case-by-case basis and players must demonstrate advanced play level. Determination on player placement will be evaluated the first week of practice.
* The SCC conference allows for up to 4 homeschool players to join each volleyball team to help fill a team. There may or may not be homeschool players on our JV/MS teams, but please welcome them if they do join our Lion Pride.
* Players are to be stretched and ready to start volleyball on time. Conditioning will be up to the individual outside of practice time.
* At times JV players may be asked to demonstrate certain skills or play in scrimmages with their MS “lil’ sisters”. If you have completed your homework and can help, please do so.
* Bring your water bottle and knee pads. Front row players (JV level) is recommended to wear ankle braces to decrease the chances of ankle injuries. Recommend McDavid Level 3 Ankle Brace with Straps $20/brace @ Amazon. Also, for all players I recommend wearing two arm sleeves that protects elbows when digging and forearms when passing. McDavid 6500 HexPad Shooter Arm Sleeve in Youth is $20 @ Amazon.
* The PCA Sports Liability form will be required to be completed by all players. See attached.

Coach Jennifer de Franco

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2023 PCA Volleyball Schedule

**UPDATE #3 8/25/23**

MS/HS

Opponent Date Time Where Location

Grace Prep Sep 7 4:30/5:30 Away: 2202 Jefferson Davis Hwy, Stafford

Flames Home School Sep 8 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

Valley Thunder HomeSc Sep 11 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

**Eukarya** Sep 15 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

Grace Prep Sep 21 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

**Chelsea** Sep 22 4:30/5:30 Away: 1190 Progress Dr. Front Royal, VA

**St. Johns Saints** Sep 25 6:30/7:30 Away: 522 Heritage Dr. Front Royal, VA

**John Paul the Great**  Sep 26 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

**Eukarya** Sep 29 4:15/5:15 Away: TBD @ Stephen City, VA

**Legacy Christian Aca** Oct 3 4:30/5:30 Away: 221 Commonwealth Ct. Winchester

**Chelsea** Oct 5 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

Flames Oct 12 4:30/5:30 Away: 465 W. 15th St. Front Royal, VA

**Legacy Christian Aca** Oct 16 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

**St. Johns Saints** Oct 17 4:30/5:30 Home: 4258 Burrough Dr. Warrenton, VA

**John Paul the Great** Oct 20 4:30/5:30 Away: Play @ PCA gym

Dominion Ridge Ac Oct 26 4:30(JV only) Away: 80 No. Lake Ave. Front Royal, VA

**Bold** – Shenandoah Christian Conference Opponents

Tournament Conference Dates: MS – 10/26 & 10/27 JV – 10/30 & 10/31

*Schedule subject to change*

PCA Volleyball Culture & Rules

* No artificial nails.
* No spandex.
* Stretch prior to practice starting.
* Condition on your own time @ home or school.
* We will start on time, every time. Don’t be late.
* I promise to come prepared and organized…you promise to be positive and be respectful.
* If you have a problem with a teammate please tell a coach.
* If you have a problem with a coach, please talk to the Athletic Director, Coach Johnson.
* What will get you removed from the team? Bullying, Poor Grades, Attitude.
* JV players must remain on campus unless Coach obtains parental consent. Get your homework done. See if the MS team could use your help. Get some conditioning in.
* Coaching Style: JV(8th-12th) will be a competitive team. Some athletes have been playing for years and others are just starting to learn the sport. Play time will be awarded to the best athletes and developing players will get time based on the score. MS(5th-8th) will be a deveolpmental team. Some players will specialize in front row and/or back row based on height and other skills.

DON’T FORGET TO BRING TO NEXT PRACTICE:

PLEASE SUBMIT $200 CHECK MADE OUT TO “PCA.” UNIFORMS WILL NOT BE DISTRIBUTED UNTIL PAYMENT MADE.

PLEASE TURN IN SPORT PARTICIPATION/ER CONTACT AND TRAVEL PERMISSION FORMS.

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**AUTHORIZATION TO PARTICIPATE IN PCA SPORTS**

I give permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to participate in PCA Sports. The cost will be $200 per student which is due the first week of practice. Students will not receive their uniform until fees are paid and form is turned in.

I understand that the sport in which my child will be participating is potentially dangerous and that physical injuries may occur to my child requiring emergency medical care and treatment. I assume the risk of injury to my child that may occur in an athletic activity. I agree to hold harmless the Board of Providence Christian Academy, its members, the Headmaster, all coaches, and agree to indemnify each of them from any claims, costs, suits, action judgments, from our child’s participation in interscholastic athletics and sports.

Please list below any health issues that a physician evaluating your child would need to know. Please also list any allergies to medication, etc. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Name of Insurance Company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Policy Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Policy Holder \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My contact information:**

Daytime Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spouse Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

**PLEASE RETURN THIS FORM TO THE COACH**

**Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.**

(II Timothy 2:15)

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ATHLETIC TRAVEL PERMIT

Athlete’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I understand that during the athletic season, my child may need to be transported to athletic competitions, scrimmages and practices, either in a bus, van, private car or by foot. I further understand that my child will be chaperoned by a responsible adult at all times while away from the school property and that the adult will take necessary precautions to protect my child from harm and injury. In the event my child is injured or becomes ill away from the school on any of the aforementioned trips, I understand the chaperone will immediately seek medical attention for my child and contact me as soon as possible. I further herby agree to hold Providence Christian Academy; its employees, and agents harmless of any injury or sickness caused by negligence of persons other than employees or agents of Providence Christian Academy when such injury or sickness occurs during any of the aforementioned trips. I understand that I may revoke this permit at any time and either refuses to allow my child to be transported or to be responsible for the transportation of my own child. If I desire to take either of these actions, I will notify to principal of the school or athletic department in writing, stating these requests.

\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIGNATURE OF PARENT OR GUARDIAN

I do not wish my child to take part in the aforementioned trips and I will provide transportation for my child.

\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIGNATURE OF PARENT OR GUARDIAN