



Cougar Mountain Intramural Volleyball FAQs



What Time is Practice?

Practices are right after school from **2:45-4:00**. First practice is on Thursday, September 23rd in the Ringdall campus gym! The full schedule for practices can be found on the Cougar Mountain website under the Season 1 athletics tab. Students will also be given a hard copy of the calendar at the first practice.

How can I get home from practice?

Students may be picked up after practice by a parent/guardian at 4:00pm, or they may ride the activity bus home at 4:10pm. If you are riding the activity bus, you will need a bus pass from Mrs. Skavaril at the end of practice.

How can I get home from a home match?

Matches end after the activity buses have left, so students will need transportation home from a parent/guardian for all home matches by 5pm.

How can I get home from an away match?

ALL students must ride the bus to the visiting school. Students can be taken home directly from the visiting school by a parent/guardian (after checking out with Mrs. Skavaril) or can ride the bus back to the Ringdall campus with the team. If you are riding the bus back to Ringdall, you will need transportation home from Ringdall by a parent/guardian.

What do I need to bring to practice/matches?

For practice:

- Comfortable running shoes
 - Athletic clothes (short and a t-shirt)
 - Water bottle
- Optional: knee pads

For matches:

- Comfortable running shoes
 - Athletic shorts
 - Water bottle
 - PE shirt
- Optional: Knee pads

What times are matches?

Matches start at approximately **3:30pm** and end at approximately **5pm**. Our first game is Thursday, October 12th at Pacific Cascade Middle School. The full game schedule can be found on the Cougar Mountain website under the Season 1 athletics tab. Students will also be given a hard copy of the calendar at the first practice.

Who do I contact with questions, concerns, or planned absences?

Contact Mrs. Skavaril via email: skavarilh@issaquah.wednet.edu

*If you plan to have your child driven home by a friend on a match day, please send them with a signed note on the day of the match.

How are we staying safe and following Covid protocols?

Covid safety procedures will remain in place for student athletics. Each sport has its own protocols depending on the type of activity and the location of practices and matches.

For intramural volleyball, students will:

- Wear masks during the entirety of practice/matches
- Wear masks over mouth and nose (make sure you have a mask that can remain secure with quick movements)
- Only remove masks to drink water
- Take 1 person at a time mask breaks OUTSIDE the gym as needed - check in with Mrs. Skavaril before taking a break
- Socially distance 3-6 feet to the best of their ability
- Sanitize/wash hands before and after practice