

TENNESSEE


HEAT

VOLLEYBALL
2025

INFORMATION PACKET

"Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people."
Colossians 3:23

 tnheatvolleyball@gmail.com

 FBC Lebanon Gym


 www.tnheatsports.com

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Head Coach - Kallie Mathews

Kallie joined us as an Assistant Coach for the 2021 season, and then signed on as Head Coach the following year. She is a former volleyball player, outside/pin hitter, from Texas. Kallie and her family have lived in Tennessee for twelve years. She adores being a wife, mother, friend, and teacher, and she is thrilled to be back on the volleyball court as a coach.

Junior Varsity Coach - Sarah Mullins

Sarah Mullins join us as a Coach for the 2022-23 season. Sarah is a former volleyball player, middle hitter, from Southern California. She moved to Tennessee six and a half years ago with her husband and three girls. They love playing Mario Party Games, card games, and being outside together. Sarah is elated to be back on the volleyball realm coaching again.



Middle School Coach - Becca Willis

Becca Willis joined us as a Coach for the 2023-24 season. She is a former volleyball player and was an outside hitter. Native to the middle TN area, she has lived and grown up around the Nashville area. She currently lives in Chapel Hill, TN with her husband and 4 kids. She loves spending time with her family, camping, and singing. Becca is excited to be back on the court coaching volleyball.



Board Member & Volleyball Team Liaison - Kacee Fausset

Kacee has coached 10 years with the TN Heat Volleyball program. As a former player of volleyball and many sports, her experience and competitive spirit feeds into the program and players she continues to support.



MISSION

We will strive to provide an opportunity for student-athletes to learn and develop mental, physical, technical, and tactical skills in a safe and positive environment that fosters personal growth and passion for the sport of volleyball. Our overall goal is to teach important life skills and spiritual truths our athletes will use beyond their sport. This includes developing our athlete's work ethic beyond their comfort zone, teaching what it means to be unconditionally committed, how to deal with adversity while working with others, and how to **compete at a high level** with respect, integrity, and confidence. TN Heat Volleyball athletes take pride in their performance, and not only represent this program, but the TN Heat organization and community as well.

The TN Heat Volleyball program is a family. As a family we will excel together, suffer together, learn together, grow together, celebrate together and bear all obstacles that may come up, together. We will have a sisters program that will match athletes together from each level, enabling us to establish a connection throughout the entire program. Our teams will support and cheer one another on whenever they are able. We will host fundraisers, events, and activities throughout the season that will give all of our athletes and families the chance to get to know each other better and grow as a family.

PLAYER GOALS

#1 Be a blessing. (Hebrews 13:16)

We are called to put others first.

#2 Be a good teammate. (Proverbs 27:17)

Encouragement, trust, and accountability will be used to build a foundation for our team.

#3 Be coachable. (Hebrews 13:17)

We seek athletes who want to put the time and work into being the best player and person they can be.

#4 100% (Colossians 3:23)

A team is made up of every player giving 100% on the court!

We want to provide a unified 'team' atmosphere that feels safe and builds confidence. We will enact a 'three strikes & you're out' rule regarding attitude and technology. Whether a player is on the court or on social media, they must reflect the values of the TN Heat organization. There will be NO bullying tolerated. The first offense will result in a game suspension. The second offense will result in a week-long suspension. The final offense will result in the player being dismissed from the team.

TEAM GOAL

PARENT GOALS

You are a part of the team! We are a parent-driven organization and our goals include involving parents on game nights, as well as through the season during events. **Each family will need to serve 8 hours by helping with...**

- **Scoreboard**
- **Keeping Books/Stats**
- **Calling Lines**
- **Set-up/Tear-down**
- **Concessions**
- **Planning Special Events**

Supporting our players is about more than cheering them on with our voices. We want to set an example of leadership through service.

"Start children off on the way they should go, and even when they are old they will not turn from it." ~Prov. 22:6

TRYOUTS

Tryouts for the 2025 season are free. Players are encouraged to attend both days to give us a thorough assessment of their skills and abilities, as well as their raw talent. It is better for athletes to be seen as much as possible, as well as for them to see if the Heat is a good fit for their family. Families will be contacted by email if they've made, or not made, a team.

Middle School Tryouts

Thursday, May 22nd 3:30-5 PM
Friday, May 23rd 3:30-5 PM

High School Tryouts

Thursday, May 22nd 5:30-7:30 PM
Friday, May 23rd 5:30-7:30 PM

THE TEAMS & PRACTICES

4th & 5th Graders Sparks (S)	12-18 Players
Middle School Team (MS)	10-12 Players
Junior Varsity (JV)	10-12 Players
Varsity Teams (V)	10-12 Players
Tuesdays & Thursday	S 3-4PM/MS 3:30-5PM / JV5:30-7:30PM / V 7-9PM
Fridays	MS 3-5:00PM / JV4:30-6:30PM / V 6:00-8PM

FEEES

The Tennessee Heat Volleyball program charges each player a fee that may be paid in full or split into payments. If you do not choose to pay in full at the start of the season, the following plan has been scheduled for the 2025 season. Note, our fees have increased this season mainly due to a new fee related to the use of our facilities.

4th & 5th Grade Sparks

Total Due: \$150/player
May - \$50 Deposit (non-refundable)
June - \$50
July - \$50

Middle School Players

Total Due: \$650/player
May - \$150 Deposit (non-refundable)
June - \$100
July - \$100
August - \$100
September - \$100
October - \$100

Junior Varsity Players

Total Due: \$800/player
May - \$200 Deposit (non-refundable)
June - \$150
July - \$150
August - \$100
September - \$100
October - \$100

Varsity Players

Total Due: \$1,000/player
May - \$200 Deposit (non-refundable)
June - \$200
July - \$150
August - \$150
September - \$150
October - \$150

*Families with multiple children playing will be offered a discount. Please inquire with the coach by emailing tnheatvolleyball@gmail.com.

DRESS CODE

Practice attire should be modest. Remember, we represent the Heat and should uphold its standards and policies wherever we go as a team. Specifically...

- NO shirts or tanks that are cut low and show sports bras allowed. Shirts must cover all under garments, bellies, and bras should not be visible through shirts, ie., black sports bra showing through a white shirt.
- ALL running shorts must have a minimum of a 3-inch inseam. Spandex may be worn under running shorts, but spandex must still be a minimum of 5 inches long. If spandex is worn without shorts over them, t-shirts must cover bum. Under garments should not be visible under shorts.
- NO earrings or jewelry at practice or in games.

2025 SEASON SCHEDULE

JULY

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5						1	2
												MS 3-5:00PM JV4:30-6:30PM V 6:00-8PM	
6	7	8	9	10	11	12	3	4	5	6	7	8	9
		Sparks 3-4P Parent Meeting 5P Team Camp 5-8P		Sparks 3-4P MS Camp 5-7P JV Camp 6-8P V Camp 7-9P	MS Camp 5-7P JV Camp 6-8P V Camp 7-9P				MS 3:30-5PM JV5:30-7:30PM V 7-9PM	FCA Scrimmage @ Home MS 4:30/JV 5:30/ V 6:30	MJCA Away MS 4 & 5 JV 6 V 7:30		
13	14	15	16	17	18	19	10	11	12	13	14	15	16
		S 3-4PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM		S 3-4PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM				MS 3:30-5PM JV5:30-7:30PM V 7-9PM		MJCA Home MS 4 & 5 JV 6 V 7:30		
20	21	22	23	24	25	26	17	18	19	20	21	22	23
		S 3-4PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM		S 3-4PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM				MS 3:30-5PM JV5:30-7:30PM V 7-9PM		MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM		
27	28	29	30	31			24	25	26	27	28	29	30
		S 3-4PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM		Spark Game S 3-6PM MS 3:30-5PM JV5:30-7:30PM V 7-9PM	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM		31		FCA Away MS 4:30/JV 5:30/ V 6:30		MS 3:30-5PM JV5:30-7:30PM V 7-9PM	CCA Away TBD	

SEPTEMBER

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6				1	2	3	4
		MS 3:30-5PM JV5:30-7:30PM V 7-9PM		LEAD Academy @ Home JV 4:30 / V 5:30 *MS 3-4 Practice	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM						MS 3:30-5PM JV5:30-7:30PM V 7-9PM	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM	
7	8	9	10	11	12	13	5	6	7	8	9	10	11
		MS 3:30-5PM JV5:30-7:30PM V 7-9PM		CCA Home TBD	LCA Varsity Away Practices MS 3:5:00PM JV4:30-6:30PM				MS 3:30-5PM JV5:30-7:30PM V 7-9PM		Senior Night	MS 3:5:00PM JV4:30-6:30PM V 6:00-8PM	
14	15	16	17	18	19	20	12	13	14	15	16	17	18
		MS 3:30-5PM JV5:30-7:30PM V 7-9PM		FCA @ Home MS 4:30/JV 5:30/ V 6:30	LCA Varsity Home @ 5P Practices MS & JV @ 3	Chart Patriots Away JV 11A/V 12P *Eastern Time							
21	22	23	24	25	26	27	19	20	21	22	23	24	25
		MS & JV OFF	East Coast Nationals	MS & JV OFF	MS & JV OFF				21 BANQUET				
28	29	30					26	27	28	29	30	31	
		MS 3:30-5PM JV5:30-7:30PM V 7-9PM											

We have not completed our game schedule, but every date in RED will either be a practice or game. Note, we plan to add a MS/JV/V tournament in August, and will update the calendar with details. MS & JV teams will also have the fourth week of September off.

*Our schedule is still subject to change, but the coach will communicate and confirm practices and games on a weekly basis.

REQUIRED ATHLETE FORMS

Heat Participation Agreement

Liability Release Information

Parent/Athlete Concussion Information

Sudden Cardiac Arrest Symptoms and
Warning Signs Information Sheet and
Acknowledgement

Player-Parent Participation Form

Forms can be found at
tnheatsports.com/forms/players.

A Team Covenant will also need to be signed at
the first Parent Meeting. (attached)

Note: Each athlete will need to submit proof of
an athletic physical completed by a physician
once they have made the team, as well as proof
of homeschooling.

TEAM COVENANT

In conjunction with the Tennessee Heat Sports Player-Parent Participation Form, the TN Heat Volleyball program is asking families to read through and commit to the following covenant. We are striving for the clear, thorough communication in an effort to provide the BEST experience for our players and families.

Communicate the following with the coaching staff as soon as you know it will result in missing team events:

1. Anytime you plan on leaving town.
2. Any injury, illness, or health related concerns.
3. Any issues that involve law enforcement.
4. Any education issues, including any disciplinary action.
5. Any transportation issues.
6. Any problems that may be occurring at home or outside of volleyball.

Respond to all team communication so we know it was read and received.

1. This means liking ALL Remind messages from the coaching staff.
2. If you have any questions about what has been sent out, please ask.
3. I know you guys always have your phones on you almost all the time. Do not leave texts unread for days.

Drugs, Alcohol, and Tobacco Policies (Section 6 - Heat Participation Form for additional details)

1. There should be no use of drugs, alcohol, or tobacco at any time by a player. Should an incident occur involving the use of a banned substance, it will be dealt with in a dismissal from the team. There is no gray area here.
2. Don't be around people who smoke, drink alcohol illegally, or do illegal drugs. Should you be in a social media post where they are blatantly being used. Claiming "it was not me" will be unacceptable.

Gym Expectations

1. Please keep the FBC Gym (and any other gym we visit) and locker room neat and orderly. Take care of the space we've been blessed with using.
2. Be respectful of all who might be in the gym. A lot of people use the space before and/or after our practices.
3. Keep the gym clean. Pick up any trash that you see lying around.
4. Unless you have a commitment immediately before or after practice, it is expected that all will help with setup and breakdown.
5. When we have visitors. Represent our team well by being respectful and kind.
6. Any damage to the gym, locker room, walls, bathrooms, or showers needs to be immediately communicated to the coaches.
7. No one outside of our program, or who the church has given permission, is allowed in the gym during our practices. This is OUR safe space.
8. Do not open the building doors to someone you do not recognize.
9. Do not wait for your parents to pick you up outside. Always wait inside the building until you've seen they have arrived.
10. Let coaches know if you see anyone suspicious around the building.

Weight Room

1. Be respectful of teammates and the space provided.
2. You may only follow the coach's workout plan, and you must lift when an adult/coach is present.
3. If you wear jewelry, remove it before participating in any activity.
4. Dress code will be enforced. If a coach can see ANY undergarments, you will be asked to change or sit out.
5. Have fun, work hard, be respectful of the equipment.

TEAM COVENANT CONT.

Practice Expectations

1. Be on time (10-15 minutes early).
2. Be positive. Negativity about self or team will not be tolerated.
3. No sitting on the ground when not in a drill. It looks lazy. We are not lazy.
4. Be engaged. Listen to instructions. If you do not understand the drill, ask. If you still do not understand, watch a few reps before joining in the drill. Don't be a 'drill killer'.
5. Bring energy. No one needs an energy vampire in the gym. If you need a second to gather yourself, step out, get a drink, and return when you are in the right headspace.
6. Give 100% of what you have. If you only have 75%, give 100% of the 75%.
7. Communicate.
8. Shag all balls before breaking for water. No walking!
9. NO PHONES OUT (put them in your bag before we start practice).

Represent our program and yourself well.

1. While on the bench, be engaged! Don't sit the whole time. Make fun cheers!
2. Always be ready to be subbed in.
3. After shaking hands with the opponent, we will meet briefly at the side of the court, then you'll be dismissed.
4. No cell phones until after our post-game talk has taken place.
5. Your parents are not permitted to speak to the coaching staff about your playing time. If you have any questions or concerns about that, players are welcome to come to us and speak with us directly. (Section 5 - Heat Participation Form for additional details)
6. Jerseys will go home with you during the season for washing, but they will be returned to the coach at the end of the season.

Travel

1. Always be on time for departure time, if we are carpooling from FBC Lebanon. If you will be late, communicate that with coaches.
2. If you are meeting the team at the away game, please arrive 45 minutes prior to game time.
3. Make sure you have the correct jersey, knee pads, socks, and athletic shoes.
4. Make sure the locker room we use at away games is clean.
5. If you are going home with a teammate's/another parent/family, parents please email/text me who will be taking your player home.

Home & Away Games, & Tournaments

1. Arrive 45 minutes before our first game time (MS team for MS games and HS for JV and Varsity games).
2. No phones once you've arrived! Spend quality time with your teammates and coaches.
3. Players may not sit with their boyfriend in the stands before their games. Again, spend quality time with your teammates and coaches. (Section 6 - Heat Participation Form for more details).
4. Never leave the gym without permission from a coach. Game times and court assignments can change without much notice, and we always need to be prepared to play.
5. Be aware of your surroundings. Don't clog up the walkways and/or doorways. If gathering, find a space away from the crowd.
6. Families will be expected to volunteer at a minimum of three home games.

TEAM COVENANT CONT.

Academics

1. Be aware of our schedule and if you attend a tutorial share it with your tutors. They should be made aware of any conflicts the first week of your classes.
2. Represent the Tennessee Heat Volleyball team well in your classes. Be attentive, complete your work on time, and ask questions if you have them.
3. Coordinate with tutors to complete work before games/tournaments if possible.
4. Do not skip classes if we do not have conflicting games/tournaments.

Spiritual Walk

1. We will have a devotion at each Friday practice.
2. If you are interested in leading one, let a coach know.
3. We will be implementing 'Accountability Sisters' this year, instead of Big/Lil Sisters. Accountability partners will meet each Tuesday and Friday during practice time to share prayer requests, encourage each other, and set spiritual goals. They will also set 'teammate goals' for themselves to help everyone on their team.

Three-Strikes Policy (Section 7 - Heat Participation Form for additional details)

This policy applies to every aspect within the team rules and expectations as well as the Tennessee Heat Sports policy. This is to be applied at the discretion of the coaching staff as this is not a "one size fits all" application.

1. Strike-one: Meeting with coaching staff and discussing any changes in behavior that need to be made before the next team activity (practice, game, travel, etc.).
2. Strike-two: Meeting with coaching staff, physical consequence, and exclusion of team activity (practice, game, travel, etc.) for a week.
3. Strike-three: Meeting with coaching staff regarding dismissal from the team.

I, _____ (player's name) have read and agree to the TN Heat Volleyball Rules and Policies. I understand that my coaches and teammates will uphold me to these stated standards. If I fail to abide by these expectations, I will accept the consequences of my choices.

I, _____ (parent's name) have read and agree to the TN Heat Volleyball Rules and Policies. I understand that the TN Heat Volleyball coaches and my daughter's teammates will uphold my daughter to these stated standards. If my daughter fails to abide by these expectations, my family will accept the consequences of our daughter's choices.

Player Signature

Parent Signature