

Welcome to
FLAT ROCK VOLLEYBALL
County Champs
2005, 2007, 2008, 2013



Important Volleyball Forms

- Yellow Student Athlete Emergency
 - Please add at the top:
 - Important email addresses
 - Your child's t-shirt (adult) size
- Parent Code (read, sign, return tonight)
- Stuff that You Will Want to Know about FRMS Volleyball
 - "The Seven Pillars"
 - Flat Rock Volleyball Schedule

Important Volleyball Forms

- Player Expectations
- Flat Rock Volleyball Supporter

FLAT ROCK VOLLEYBALL

County Champs

2005, 2007, 2008, 2013



Flat Rock Coaching Staff

● Ben Thacker

- - Whitewater High School Head Volleyball Coach 2006-10
- - AAAA State Champion 2009-10
- - AAAA State Final Four 2008-09
- - Area 3-AAAA Volleyball Champion, 2009-2010
- - Area 3-AAAA Volleyball Coach of the Year
by GA Volleyball Coaches Association
- - Volleyball Coach of the Year – Fayette Daily News and Today in PTC, 2009
- - 145-59 record as a Varsity Coach (.711 winning percentage)
- - Flat Rock Head Volleyball Coach 2013-2015
- - 3 time County Champions
- - 2 time County Finalist
- - AAU Nationals 16U – 5th place – June, 2012
- - Trainer and founder “Be The Best” Volleyball, 2009-present

Feeder Program to Sandy Creek High School

- State Champions
 - 2011, 2012
- Since 2007
 - 12 players have gone on to play college volleyball.

Volleyball Program Alums



Player Expectations

- Practice – Be at practice everyday
- Behavior – Please do not punish your child by making them miss practice/matches.
- Participation –
 - No guarantee of playing time.
 - 24 hour rule
- Pick-up – Please pick up your child promptly
- Matches – Pick up from the match location

Volleyball Supporters

➤ Basic - \$125

- End of season get together
- New warm-up top
- Jerseys
- Team t-shirts/apparel (pre and post season)
- Referees and game day personnel

GO EAGLES!!!



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