



January 15, 2026

Dear Parents/Guardian,

Congratulations, we're excited to welcome your student to the **Marshall Springs Senior Girls Volleyball Team!** This success is well deserved and highlights their effort and commitment.

Marshall Springs asks all team members to commit to supporting team success. This means attending all practices and games and representing themselves with respect and integrity. Please **read, sign and return** the attached athlete and parent/guardian contract, which outlines Marshall Springs' expectations.

**The season of play runs January 5th - March 22, 2026.** The Senior Girls Schedule includes:

- **Practices:** Tuesdays **4:00 pm - 5:15 pm** & Wednesdays **7:45 am - 9:00 am**
- **Games:** **4:30 pm - 7:00 pm** at Marshall Springs School, schedule attached
- **Tournaments:** 1) Springs Smash Tournament on **February 19th** (and 20th for boys), schedule attached. 2) Dr. E.P. Scarleet High School Feeder Tournament on **March 6th**, schedule TBD.

*Each player must bring their water bottle to all practices and games.*

***Your support is greatly appreciated!***

Please note that **Marshall Springs School** cannot provide transportation for away games. We ask that families arrange transportation for their student to and from games and practices. As all coaches are volunteers, we request that you pick up your child promptly after games.

The team fee for team players is **\$47.50**, which covers jersey maintenance, referee fees, tournament fees, and an end-of-season wrap-up. The practice player fee is **\$13.50** which covers a half-share of the player tournament fees and the wrap-up. This fee can be paid through your **MyCBE online account**. The team fee is calculated based on 3 practice players. If we do not have these, the team fees may increase slightly.

For up-to-date team information, please visit the Marshall Springs webpage, select the extracurricular menu, then Volleyball.

This year, MSS is combining athlete team wind-ups! All winter and spring sports teams, including Volleyball, Volleyball Development, Badminton, and Track and Field, will come together on **June 17, 2026**, to celebrate their seasons. There will be pizza, drinks, and snacks, and time to connect and enjoy being part of the MSS team community.

Please return the forms to the coaches as soon as possible so we can be prepared for our games. Thank you for your cooperation and support in making this season a positive and rewarding experience for all players.

Ms. Elisha O'Lain [emolain@cbe.ab.ca](mailto:emolain@cbe.ab.ca) &  
Ms. Danielle Penney [dhpeney@cbe.ab.ca](mailto:dhpeney@cbe.ab.ca)  
Coaches

Mr. K. Godfrey  
Principal

We are excited to offer an *optional* team t-shirt this year for \$12.75.

**Description:** The shirt is all black with the athletic logo (Pictured Left) on the front of the shirt and nothing on the back.



Please fill out the Google Form Link that will be provided to you by coaches on either:

1. Team Google Form [LINK](#) OR
2. You can access it on our school website: <https://marshallsprings.cbe.ab.ca/volleyball>

**DEADLINE: January 30th, 2026**



## CMLSAA DIVISION G STUDENT SPECTATOR POLICIES



<p>Marshall Springs Girls Games Wednesday 4:30 pm - 7:00 pm</p>	<ul style="list-style-type: none"><li>→ MSS students may view the first game (4:30 pm - 5:20 pm) without parent/guardian supervision. Once the first game is complete, the school administration will direct all students without a parent/guardian to leave the building.</li><li>→ MSS students must be directly supervised by a parent/guardian if they wish to stay or return at any time after the first game is complete.</li><li>→ MSS students are <b>expected to remain in the main gym to watch the game(s) and support</b> players, coaches, referees, parents and guardians in a positive, respectful manner.</li><li>→ Any student who is not meeting the <b>CBE Student Code of Conduct</b> will be escorted out of the gym and school and may lose future viewing privileges at MSS</li></ul>
<p>Sam Shaw Girls Games Thursday 4:30 pm - 7:00 pm</p>	<ul style="list-style-type: none"><li>→ Visiting students must be accompanied by a parent or guardian.</li><li>→ Any student who is not meeting the <b>CBE Student Code of Conduct</b> will be asked to leave and may lose future viewing privileges at CMLSAA events</li></ul>

## MARSHALL SPRINGS ATHLETICS ATHLETE CONTRACT

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Congratulations! You have been selected to represent Marshall Springs School as an individual or team athlete. This is both an honour and a privilege.

Being part of this team signifies your dedication to the program. The coaches, staff, and administration believe your efforts in athletics will lead to tremendous personal growth and rewarding team experiences. We wish you a successful and enjoyable season of growth, learning, and achievement.

To help you develop your skills and contribute to the team's success, please adhere to the following expectations:

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- **Attitude is everything!** Your attitude, enthusiasm and willingness to listen, learn and play will determine your success on and off the court. Being a positive leader is the Marshall Springs way!
  - **Commitment.** By accepting a position on the team, players are expected to fully engage in all practices, games, and team activities for the entire season. This commitment is to the team and all its members, contributing to a supportive and unified experience for everyone.
  - **Respect, citizenship, and sportsmanship** are core expectations for all team members, both on and off the court. As a team member, you must model these qualities at school, during games, and in the community, maintaining a high level of sportsmanship and respect for teammates, coaches, opposing teams, and officials at all times.
  - **Practice time equals game time.** Attendance at practice directly impacts playing time. If you cannot attend a practice or game, notify the coach rather than asking another athlete to deliver the message.
  - **Behaviour** at Marshall Springs games and visiting schools must be exemplary.
  - **Attendance.** You must be present at school on game day to be eligible to play. If you have an unexcused absence, you will not be eligible to play on this day.
  - **Student-Athlete.** All school responsibilities must be completed before participating in after-school play or practice. Teacher reports will determine game eligibility. A negative report may result in reduced playing time or complete removal from participation.
  - **Trouble at school equals trouble on the court.** Disciplinary consequences assigned at school take precedence over the privilege of participating on an extra-curricular athletic team. They may result in losing playing time and potentially affect your participation on the team.
  - **Injuries.** If you're injured, coaches need to communicate with you, outlining the severity of the injury and the expected recovery time.
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I have read and will uphold the **MARSHALL SPRINGS** Athletics Player Contract. I understand that if I choose to disrespect myself, my team, or my school, I will be removed from the activity and may be removed from the team.

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

# MARSHALL SPRINGS PARENT INFORMATION AND CONTRACT

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Participation in school athletics allows students to learn and demonstrate leadership, fair play, sportsmanship, and responsibility. The actions of athletes, coaches, and parents reflect on both the team and the entire school community. Our coaches are dedicated to developing fundamental skills and game knowledge to support the success of each individual and the team.

We believe every player is important and should feel valued, as these experiences will shape their attitudes toward sports for years to come. As the constitution outlines, all athletes dressed for competition must play a meaningful portion of the game. While playing time may not be equal, it is vital that every player feels they have contributed to the team's success.

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- **Respect** is at the heart of athletics, and we expect coaches, parents, and athletes to represent Marshall Springs by showing respect to teammates, opponents, coaches, officials, and volunteers.
  - **Goals of Sports.** Winning is at the root of competition, but not the only goal for middle school sports. We strive to provide positive experiences and develop well-rounded athletes.
  - **The Privilege of Participation:** Playing on the school team is a privilege. Players must demonstrate commitment to the team, stay on top of their academic responsibilities and contribute positively to the school environment. While everyone will participate, equal playing time is not guaranteed.
  - **Addressing Concerns.** Athletes are encouraged to approach their coach with any concerns. Coaches welcome open discussions and are happy to address any questions or feedback about the season.
  - **Parental Support:** We encourage parents to support their students in playing at their best and to avoid getting caught up in the win/loss cycle.
  - **Acknowledgment.** Feel free to thank or congratulate a coach at any time. Your appreciation for their time and dedication is always welcome and helps create a positive team atmosphere.
  - **Communication:** We pride ourselves on being approachable and accountable. If there are any concerns, we encourage parents to address them courteously and respectfully on **the next school day** to discuss the issue. As our coaches are volunteers, we kindly ask that all communications remain professional. We are more than willing to address any situation respectfully.
  - **Communication with referees** is the responsibility of the coach and the host school. The CBE employs the referees and will handle all communication with them.
  - **Disrespectful Behaviours:** If parents or spectators engage in disrespectful behaviour at a CBE venue or event attended by a CBE team, they will be asked to leave, and their future spectating privileges may be revoked.
  - **Enjoy the Season.** Encourage your child to have fun and embrace the personal challenges that come with the experience!
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I/We have read the attached coaching philosophy with my/our student.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_

2026 Volleyball Season				
Monday	Tuesday	Wednesday	Thursday	Friday
January 19 <i>Practice 7: 45 - 9:00 am</i>	January 20 <i>Practice 4:00 - 5:15 pm</i>	January 21 <i>Practice 7: 45 - 9:00 am</i> <i>Games @ MSS</i> <i>Team Sets up Gym</i>	January 22	January 23
January 26	January 27 <i>Practice 4:00 - 5:15 pm</i>	January 28 <i>Practice 7: 45 - 9:00 am</i> <i>Games @ MSS</i> <i>Team Sets up Gym</i>	January 29	January 30 Non-Instructional Day
February 2	February 3 <i>Practice 4:00 - 5:15 pm</i>	February 4 <i>Practice 7: 45 - 9:00 am</i> <i>Games @ MSS</i> <i>Team Sets up Gym</i>	February 5	February 6
February 9	February 10 <i>Practice 4:00 - 5:15 pm</i>	February 11 <i>Practice 7: 45 - 9:00 am</i>	February 12 Non-Instructional Day	February 13 Non-Instructional Day
February 16 Non-Instructional Day	February 17 <i>Practice 4:00 - 5:15 pm</i>	February 18 <i>Practice 7: 45 - 9:00 am</i> <i>Games @ MSS</i> <i>Team Sets up Gym</i>	February 19 <i>Springs Smash</i> <i>Girls</i>	February 20 <i>Springs Smash</i> <i>Boys</i>
February 23	February 24 <i>Practice 4:00 - 5:15 pm</i>	February 25 <i>Practice 7: 45 - 9:00 am</i> <i>Bye Week</i> <i>Team Sets up Gym</i>	February 26	February 27 Non-Instructional Day
March 2	March 3 <i>Practice 4:00 - 5:15 pm</i>	March 4 <i>Practice 7: 45 - 9:00 am</i>	March 5	March 6 <i>Scarlet Feer Tournament</i> <i>Starting @ 1 pm</i> <i>(Girls &amp; Boys)</i>
March 9	March 10 <i>Practice 4:00 - 5:15 pm</i>	March 11 <i>Practice 7: 45 - 9:00 am</i> <i>Playoffs @ MSS</i>	March 12	March 13

**Winter & Spring Sports Wrap-up Celebration: June 17, 2026**

# Senior Girls Volleyball Schedule 2026

**ALL SENIOR GIRLS GAMES WILL BE AT MARSHALL SPRINGS SCHOOL.**  
*Two games will be played to 25 (win by 2, capped at 27), NO 3rd game played.*

## Wednesday, January 21st

Time	Team	Game 1	Game 2	Opponent
4:30 pm (1)	Wilma Hansen	—	—	David Thompson
4:30 pm (2)	Marshall Springs	—	—	Woodman
5:20 pm (1)	Woodman	—	—	David Thompson
5:20 pm (2)	Marshall Springs	—	—	Wilma Hansen
6:10 pm (1)	Marshall Springs	—	—	David Thompson
6:10 pm (2)	Woodman	—	—	Wilma Hansen
SAM SHAW BYE				

## Wednesday, January 28th

Time	Team	Game 1	Game 2	Opponent
4:30 pm (1)	Wilma Hansen	—	—	Marshall Springs
4:30 pm (2)	Sam Shaw	—	—	Woodman
5:20 pm (1)	Sam Shaw	—	—	Marshall Springs
5:20 pm (2)	Woodman	—	—	Wilma Hansen
6:10 pm (1)	Marshall Springs	—	—	Woodman
6:10 pm (2)	Sam Shaw	—	—	Wilma Hansen
DAVID THOMPSON BYE				

# Senior Girls Volleyball Schedule 2026

**ALL SENIOR GIRLS GAMES WILL BE AT MARSHALL SPRINGS SCHOOL.**

*Two games will be played to 25 (win by 2, capped at 27), NO 3rd game played.*

## Wednesday, February 4th

Time	Team	Game 1	Game 2	Opponent
4:30 pm (1)	Marshall Springs	—	—	David Thompson
4:30 pm (2)	Sam Shaw	—	—	Woodman
5:20 pm (1)	Woodman	—	—	David Thompson
5:20 pm (2)	Marshall Springs	—	—	Sam Shaw
6:10 pm (1)	Marshall Springs	—	—	Woodman
6:10 pm (2)	David Thompson	—	—	Sam Shaw
<b>WILMA HANSEN BYE</b>				

## Wednesday, February 18th

Time	Team	Game 1	Game 2	Opponent
4:30 pm (1)	Wilma Hansen	—	—	Sam Shaw
4:30 pm (2)	David Thompson	—	—	Marshall Springs
5:20 pm (1)	Sam Shaw	—	—	Marshall Springs
5:20 pm (2)	David Thompson	—	—	Wilma Hansen
6:10 pm (1)	Marshall Springs	—	—	Wilma Hansen
6:10 pm (2)	Sam Shaw	—	—	David Thompson
<b>WOODMAN BYE</b>				

# Senior Girls Volleyball Schedule 2026

**ALL SENIOR GIRLS GAMES WILL BE AT MARSHALL SPRINGS SCHOOL.**

**Two games will be played to 25 (win by 2, capped at 27), NO 3rd game played.**

## Wednesday, February 25th

Time	Team	Game 1	Game 2	Opponent
4:30 pm (1)	Wilma Hansen	—	—	David Thompson
4:30 pm (2)	Sam Shaw	—	—	Woodman
5:20 pm (1)	Woodman	—	—	Wilma Hansen
5:20 pm (2)	David Thompson	—	—	Sam Shaw
6:10 pm (1)	David Thompson	—	—	Woodman
6:10 pm (2)	Wilma Hansen	—	—	Sam Shaw
MARSHALL SPRINGS BYE				

## Wednesday, March 11th (PLAY-OFFS)

Time	Team	Game 1	Game 2	Game 3	Opponent
4:30 pm (1)	5TH PLACE				4TH PLACE
5:30 pm (1)	1ST PLACE				Winner of 4:30 Game
6:30 pm (1)	2ND PLACE				3RD PLACE
7:30 pm (1)	Winner 5:30 Game				Winner 6:30 Game

**Play-off Games will be best of 3 (NO CAP), first two games to 25, 3rd game to 15.**



# 2026 SPRINGS SMASH VOLLEYBALL TOURNAMENT

FEBRUARY 19 & 20  
Marshall Springs School

## THURSDAY FEBRUARY 19 | GIRLS

SR GIRLS 1 | Marshall Springs  
SR GIRLS 2 | Branton

SR GIRLS 3 | Rosedale  
SR GIRLS 4 | Fairview

GAME	TIME	Main	Aux
1	4:30 p.m.	SRG 1 v SRG 2	SRG 3 v SRG 4
2	5:30 p.m.	SRG 1 v SRG 3	SRG 2 v SRG 4
3	6:30 p.m.	SRG 1 v SRG 4	SRG 2 v SRG 3
4	7:30 p.m.	1st vs 4th	2nd vs 3rd
5	8:30 p.m.	Championships	Consulation

## FRIDAY FEBRUARY 20 | BOYS

SR BOYS 1 | Marshall Springs  
SR BOYS 2 | Branton

SR BOYS 3 | Rosedale  
SR BOYS 4 | LakeShore

GAME	TIME	Main	Aux
1	3:00 p.m.	SRB 1 v SRB 2	SRB 3 v SRB 4
2	4:00 p.m.	SRB 1 v SRB 3	SRB 2 v SRB 4
3	5:00 p.m.	SRB 1 v SRB 4	SRB 2 v SRB 3
4	6:00 p.m.	1st vs 4th	2nd vs 3rd
5	7:00 p.m.	Championships	Consulation

Gymnasiums will be open to players 15 minutes prior to the first game each day



HELPING YOUTH TO LOVE SPORT

**Ideas for raising an athletically active youth:**

- Be active yourself.
- Help your student to find articles and books about athlete role models.
- Get to know their coaches and their philosophies.
- Be a fan. For all teenagers, encouragement is crucial.

**What Do All Children Want?**

Whether they admit it or not, children want parental approval. It is one of the strongest motivators, and when kids feel they are letting their parents down, they can be devastated.

Given society's obsession with winning, "Did you win?" is an almost irresistible question to ask after a game. But it should not be the first question, says sports psychologist Dr. Sean McCann of the US Olympic Committee. An overemphasis on winning can cause a child to fear failure, an inability to take setbacks in stride and the belief that self-worth is based on victories and defeats.

Rather than being scared and frustrated by sports, kids should feel the thrill of mastering new skills and the satisfaction of knowing they did their best. These questions to ask after a competition will help them do that.

- ***Did You Have Fun?*** Fun is, after all, the NO. 1 reason youth give for playing sports. This question indicates that you value it and that it should be a goal of sports participation. "If you ask if they won, they think that is the sole reason they're playing," says McCann. "Asking if they enjoyed the game reminds them of the ultimate reason for playing. Follow up:
  - Why?
  - What was your favourite part?
  - What didn't you enjoy?
  - What would make it more fun?
- ***Did You Play Your Best?*** "Playing to the best of your abilities is still the ultimate challenge at every level. It doesn't take a talented athlete to answer yes." Kids can get frustrated if they play their best and don't win. Help them to identify new skills they tried or used or great plays they made. Remind them that giving 100% is an important thing and something to be proud of. (This includes supporting their team, sportsmanship...) If your son/daughter does not think she played her best, ask why. It helps to talk about it.
- ***Did You Learn Anything to Help in Your Next Game?*** This question can perk up a dejected competitor. It can help your daughter/son identify strategies that worked and those that did not. "This question sends the message that you can take lessons from what happens," McCann says. "It helps keep thoughts positive, even after a less-than-satisfactory outing."