



Marblehead Public Schools Athletic Department
2 Humphrey St
Marblehead, MA 01945
(781) 639-3100 x 26105



Veterans Middle School Fall First Meeting & Practice Schedule

Week One

Sport	Date	Time	Location	Coach
Field Hockey - Introduction Meeting	Thursday, August 28, 2025	2:35 PM	Room C211	Callaghan
Field Hockey - 1st Practice	Tuesday, September 2, 2025	3:15 PM	Seaside Park	Callaghan
Cross Country - Introduction Meeting	Thursday, August 28, 2025	2:35 PM	MVMS Cafeteria	McKinley
Cross Country - 1st Practice	Tuesday, September 2, 2025	3:00 PM	Seaside Park	McKinley
Intramural Volleyball - Introduction Meeting	Thursday, August 28, 2025	2:35 PM	MVMS Cafeteria	Faris
Intramural Volleyball - 1st Practice	Tuesday, September 2, 2025	3:00 PM	MVMS Gym	Faris



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VETERANS MIDDLE SCHOOL - INTERSCHOLASTIC FIELD HOCKEY

COACH - Tawny Callaghan - MVMS field hockey coach

OBJECTIVE

To develop knowledge of the basic fundamentals of field hockey and to play games in competition. Each student will be encouraged to reach their potential, promote teamwork, sportsmanship and discipline.

EXPECTATIONS

Field Hockey is open to all 7th and 8th grade girls at MVMS. Everyone will have an opportunity to play. Field hockey is a full-time commitment (five days a week and full game schedule). Commitment is a vital piece of being a part of any group or team. While it is understood that there may be other activities going on during the season, to be part of this team, a commitment needs to be made to show up (on time) for practice and games. Expect to have practice or have a game any day Monday-Friday.

MVMS is looking for team players who put forth their best efforts on and off the field, are coachable and have a positive attitude. Sportsmanship, effort, enthusiasm, and respect are expected.

EQUIPMENT

Sneakers, shorts, tee shirt, cleats (optional), 2 mouth guards (SISU recommended if you have no braces), shin guards - hard plastic are better, goggles, field hockey stick, white game socks and black game socks. Uniforms consisting of two game jerseys and one black skort will be provided for use during the season.

INFO MEETING	Thursday, August 28 th at 2:35 in Mrs. Callaghan's room C211
FIRST PRACTICE	Tuesday, September 2nd
TIME	3:15 p.m. - 4:45 p.m. (times on Wednesdays - 4:00 - 5:30)
LOCATION	Seaside Park or MVMS back fields (unless otherwise noted)
SCHEDULE	Monday through Friday

GAME DAYS

Games start at 3:45/4:00 p.m. Students need to be on the field no later than 3:15. Ending time will depend on whether the game is at home or at another school. A schedule of games and directions to away-games will be posted in the MVMS main office, on the MVMS and MHS website and handed out on the first day of practice.

TRANSPORTATION TO AWAY GAMES

All MVMS girls field hockey players will be picked up by the MPS athletic bus at the back of the school following dismissal. The coach will board the bus with the players. Following the game, the bus will return the athletes to the MVMS. The coach will stay with students until they are picked up.

***If parents/guardians are driving their child home from an away game a signed release form must be filled out and given to the coach prior to the game.**

Please return this form signed by Wednesday, September 3rd.
I have read the above contract. I understand and agree with the guidelines.

Player:

Parent:



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VETERANS MIDDLE SCHOOL - INTERSCHOLASTIC CROSS COUNTRY

COACH

Kylynn McKinley - MVMS Interscholastic Cross Country Coach

OBJECTIVE

To develop knowledge of the basic fundamentals of Cross Country. Each student will be encouraged to reach their potential, promote teamwork, sportsmanship, and have fun.

EXPECTATIONS

Cross Country is open to all 7th and 8th grade boys and girls at MVMS. Students are expected to be at every practice and every meet. Commitment to the team will help students to develop their own abilities and foster a positive team environment. Students are expected to give their best effort and be supportive teammates. If someone is going to miss, needs to leave early, or has any other needs, please email Coach McKinley at mckinley.kylynn@marbleheadschoools.org

GOALS

Our goals for the MVMS Cross Country program focus on learning the fundamentals of distance running. This will include practicing running mechanics, practicing running different paces and distances, and building overall strength. Most importantly, we will have fun!

EQUIPMENT

Proper attire for our practices will be comfortable running clothes, and sneakers. Slip on shoes of any kind, including Crocs in "sport mode" will not be allowed! Please make sure your student has a water bottle.

Meet Days

All meets are Co-Ed (boys and girls compete separately). Home meets begin at 4:30pm at Seaside Park. The meets usually are completed before 6pm. The bus leaves for away meets at 2:45 from MVMS.

INFO MEETING	Thursday, August 28 th at 2:35 in the cafeteria
FIRST PRACTICE	Tuesday, September 2nd
TIME	3:00 p.m. - 4:00 p.m.
LOCATION	SEASIDE PARK
SCHEDULE	Monday through Friday

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VETERANS MIDDLE SCHOOL - INTRAMURAL VOLLEYBALL

COACH

Stacey Faris - MVMS Intramural Volleyball Coach

OBJECTIVE

To develop knowledge of the basic fundamentals of volleyball. Each student will be encouraged to reach their potential, promote teamwork, sportsmanship, and have fun.

EXPECTATIONS

The expectation is that everyone works together to ensure our courts are ready to go with the net and ball carts set up as close to 3 as we can get it. EVERYONE should stay to help with teardown. We will do our best to maximize our time. Coach will stay later some days if the schedule allows. If someone is going to miss, needs to leave early, or has any other needs, please email Coach Faris at faris.stacey@marbleheadschoools.org

GOALS

Our goals for the MVMS Volleyball program focus on learning the fundamentals, positions, footwork, and the beginnings of rotations. We do our best to ensure that those who have experience are able to advance at a faster rate, and those just learning can do so at an appropriate speed. We will go over safety rules (no kicking or throwing balls across the gym, shagging your own ball, and helping to make sure no one jumps when an errant ball comes rolling across a court). We will stay focused and respectful. This means being quiet when drills are discussed and staying on-task to help everyone get as many touches on the ball as possible each time we meet. Most importantly we will have fun!

EQUIPMENT

Proper attire for our practices will be t-shirts (long or short sleeve is preferred), shorts (sweats or leggings are fine), and sneakers/volleyball shoes (basketball shoes are fine). Slip on shoes of any kind, including Crocs in "sport mode" will not be allowed! Please make sure your student has a water bottle. Kneepads are not required but recommended.

INFO MEETING	Thursday, August 28 th at 2:35 in the cafeteria
FIRST PRACTICE	Tuesday, September 2nd
TIME	3:00 p.m. - 4:00 p.m.
LOCATION	MVMS Gym
SCHEDULE	Monday, Tuesday, Friday

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