



AMS VOLLEYBALL 2025 GAME SCHEDULE

Coaches: Mishel Keltner (7&8V), Barbara Cicotte (7JV), Ami Bryant (8JV), C Team Coach TBD

Practices: M, T, Th, F 7JV/V 3:00-4:15pm, 8JV/V 4:15-5:30pm, C Team 5:30-6:45pm (AMS Gym)

Wednesdays: 8JV/V 1:50-3:15pm, 7JV/V 3:15-4:30pm, C Team 4:30-5:30pm

Picture Day: January 9 @ 3pm (AMS Gym) (Individual Photos available upon request) BRING YOUR UNIFORM

End of Season Party: January 30 @ 3:00 - 4:00pm (AMS Gym)

Student & Parent Information Meeting: **Tuesday, December 2** @ 3:00pm (AMS Gym)

Recommended Gear: Black shorts, knee pads, sneakers, hair ties

Home Games @ AMS Gym

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Jan 6	Conway	Game Times TBD WHITE TEAMS	Conway School (Mount Vernon)	LV: TBD RT: TBD
Jan 6	C Team vs PURPLE	3:30pm	HOME	N/A
Jan 8	Burlington Edison	3:45pm 7JV & V 5:00pm 8JV & V PURPLE TEAMS	HOME	N/A
Jan 12	Stanwood	3:45pm 7JV & V 5:00pm 8JV & V PURPLE TEAMS	HOME	N/A
Jan 13	Cascade	3:45pm 7JV & V 5:00pm 8JV & V WHITE TEAMS	HOME	N/A
Jan 15	Mt Baker	Game Times TBD PURPLE TEAMS	Mt Baker MS (Mount Vernon)	LV: TBD RT: TBD
Jan 15	C Team vs WHITE	3:30pm	HOME	N/A
Jan 20	La Venture	3:45pm 7JV & V 5:00pm 8JV & V WHITE TEAMS	HOME	N/A
Jan 22	Port Susan	Game Times TBD PURPLE TEAMS	Port Susan MS (Stanwood)	LV: TBD RT: TBD
Jan 22	C Team vs WHITE	3:30pm	HOME	N/A
Jan 26	North Whidbey	Game Times TBD WHITE TEAMS	North Whidbey MS (Oak Harbor)	LV: TBD RT: TBD
Jan 26	C Team vs PURPLE	3:30pm	HOME	N/A

Updated 12.2.25

This schedule may change as needed.

Please visit the athletics page on the AMS website at www.qsd103.org/AMS for the most current schedule available.

Tryouts: Wednesday, December 3, 2025 7th grade 3:00-4:15pm / 8th grade 4:15-5:30pm

Thursday, December 4, 2025 7th grade 3:00-4:15pm / 8th grade 4:15-5:30pm

Friday, December 5, 2025 7th grade 3:00-4:15pm / 8th grade 4:15-5:30pm

Team splits announced (via email) on the evening of **Friday, December 5**.

8th graders will need to leave the school and return at the tryout times listed above. AMS does not have supervision after school for athletes to wait in any part of the building so please plan accordingly.

*Eligibility to participate in games/competitions:

- Athletes must attend at least 7 practices. Tryouts are included.
- Per AMS eligibility requirements, athletes must be passing all classes (NO F's) in order to participate in games/competitions. Students failing both grade checks will be removed from the team.
- Athletes must have a current sports physical on file and have paid the \$45 sports fee.
- See the full Code of Conduct for a full list of eligibility requirements. Athletes ineligible due to grades, will not be allowed to attend away games.

WHITE Game Schedule - Primarily TUESDAY games (Will Play AMS C Team @ home for other 4 games)

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Jan 6	Conway	Game Times TBD	Conway School (Mount Vernon)	LV: TBD RT: TBD
Jan 13	Cascade	3:45pm 7JV & V 5:00pm 8JV & V	HOME	N/A
Jan 20	La Venture	3:45pm 7JV & V 5:00pm 8JV & V	HOME	N/A
Jan 26 Monday	North Whidbey	Game Times TBD	North Whidbey MS (Oak Harbor)	LV: TBD RT: TBD

PURPLE Game Schedule - Primarily THURSDAY games (Will Play AMS C Team @ home for other 4 games)

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Jan 8	Burlington Edison	3:45pm 7JV & V 5:00pm 8JV & V	HOME	N/A
Jan 12 Monday	Stanwood	3:45pm 7JV & V 5:00pm 8JV & V	HOME	N/A
Jan 15	Mt Baker	Game Times TBD	Mt Baker MS (Mount Vernon)	LV: TBD RT: TBD
Jan 22	Port Susan	Game Times TBD	Port Susan MS (Stanwood)	LV: TBD RT: TBD

C TEAM Game Schedule

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Jan 6 Tuesday	C Team vs PURPLE	3:30pm	HOME	N/A
Jan 15 Thursday	C Team vs WHITE	3:30pm	HOME	N/A
Jan 22 Thursday	C Team vs WHITE	3:30pm	HOME	N/A
Jan 26 Monday	C Team vs PURPLE	3:30pm	HOME	N/A

This schedule may change as needed.

Please visit the athletics page on the AMS website at www.asd103.org/AMS for the most current schedule available.



AMS Volleyball 2025-2026 Schedule

DECEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Parent & Student Info Mtg 3:00 AMS Gym	2 Parent & Student Info Mtg 3:00 AMS Gym	3 Tryouts 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm	4 Tryouts 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm	5 <i>Team splits announced (via email)</i> Tryouts 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm	6
7	8 Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	9 Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	10 Practice 8th @ 1:50-3:15pm 7th @ 3:15-4:30pm C @ 4:30-5:30pm	11 Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	12 <i>AMS Winter Event</i> <i>Grade Checks Given</i> NO PRACTICE	13
14	15 Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	16 <i>Choir Concert</i> <i>SWAG store closes</i> <i>Grade Checks DUE</i> Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	17 Practice 8th @ 1:50-3:15pm 7th @ 3:15-4:30pm C @ 4:30-5:30pm	18 <i>ASB Movie Night</i> Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	19 NO PRACTICE Have a good break!	20
21	22	23	24 NO SCHOOL Winter Break	25	26	27
28	29	30	31			



AMS Volleyball 2025-2026 Schedule

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			NO SCHOOL Winter Break	1	2	3
4	5 <i>Uniforms Distributed</i> Practice 7th @ 3:00-4:15pm 8th @ 4:15-5:30pm C @ 5:30-6:45pm	6 AWAY Game v Conway <i>WHITE TEAMS</i> C TEAM v PURPLE Game @ 3:30pm AMS Gym	7 Practice 8th @ 1:50-3:15pm 7th @ 3:15-4:30pm C @ 4:30-5:30pm	8 HOME Game v BE <i>PURPLE TEAMS</i>	9 Picture Day 3pm NO PRACTICE	10
11	12 <i>Grade Checks Given</i> HOME Game v Stanwood <i>PURPLE TEAMS</i>	13 HOME Game v Cascade <i>WHITE TEAMS</i>	14 <i>Grade Checks DUE</i> Practice 8th @ 1:50-3:15pm 7th @ 3:15-4:30pm C @ 4:30-5:30pm	15 AWAY Game v Mt Baker <i>PURPLE TEAMS</i> C TEAM v WHITE Game @ 3:30pm AMS Gym	16 NO SCHOOL Staff PD NO PRACTICE	17
18	19 NO SCHOOL MLK Jr Day	20 <i>Gear Store OPENS (Closes 2/17)</i> HOME Game v La Venture <i>WHITE TEAMS</i>	21 Practice 8th @ 1:50-3:15pm 7th @ 3:15-4:30pm C @ 4:30-5:30pm	22 AWAY Game v Port Susan <i>PURPLE TEAMS</i> C TEAM v WHITE Game @ 3:30pm AMS Gym	23 <i>½ Day Release @ 11:15am</i> NO PRACTICE	24
25	26 AWAY Game v N Whidbey <i>WHITE TEAMS</i> C TEAM v PURPLE Game @ 3:30pm AMS Gym	27 NO PRACTICE	28 NO PRACTICE	29 BYE NO PRACTICE	30 End of Season Party AMS Gym 3-4pm	31

AMS Volleyball Expectations and Guidelines

At practice

- If your team is responsible for set up of nets, everyone helps.
- If your team is responsible for take down, everyone helps.
- NO BALLS** out until the net is set up and coaches give the go ahead to get a ball
- If you are one of the teams practicing at 3pm, you need to be out of the locker room and in the gym by **2:50**.
- The locker room will be locked during practice
- If you are on the team that practices at 4:15, enter through the side door of the gym. The locker room will be open at 4:10.
- If you are on the team that practices at 4:15, you need to leave campus and return when it's practice time

Home matches

- 7th grade teams will be responsible for set up of the gym. This includes setting out chairs for spectators. Again, NO BALLS until set up is complete and the coach gives the go ahead.
- 8th grade teams are responsible for putting away everything after their matches. You are not dismissed until your coach confirms all is complete.
- We will need line judges for our home matches.
- If you're able to stay and cheer for the other teams that would be great!

Away matches

- All teams ride the bus together. There is no designated seating, everyone can sit where they want.
- Everyone** gets changed into their uniform before we leave school.
- When your team is not playing, you need to sit together and stay in the bleachers. If you need to leave the gym area you must ask your coach.
- If we have use of a locker room, you are not to hang out in the locker room.
- If you go home with a parent/guardian they **MUST** sign you out before they take you home.
- If you need to go home with someone other than your parent, parent needs to send an email to resposito@asd103.org prior to **2pm** the day of the match and coaches will be informed.
- When we return, please make sure you have a ride waiting for you. We will remind everyone 10-15 minutes before we arrive but if your parent needs more time contact them earlier.

Phones

-Phones will not be allowed at practices or games. Athletes will leave their phones in backpacks. -During away matches phones will be collected and kept with coaches so that athletes will be focused on volleyball and their teammates. Athletes will get them back as we enter town so they can text you of their arrival.

-If you have an emergency and you need to talk to your athlete, you can call Coach Keltner

(360) 420-4492

Attendance

-We have a very short season and we want the athletes to learn as much as possible. Please do not schedule appointments for them during practices or games.

-If they are playing club volleyball please let the club coach know of any conflicts as they are usually wanting the athletes to participate in their school ball.

-Missed practices will affect playing time.

-If athletes must miss a practice please communicate with the coach as soon as possible as practices are carefully planned to include all athletes.

Anacortes Middle School

Student Athlete and Activities Code of Conduct

Effective: September 3, 2025

1. Participants covered by this code:

Students of Anacortes Middle School who participate in all athletics governed by WIAA, student body officers, performing drama, band or choir groups, and other clubs and activities recognized by the ASB and represent the school in public settings.

2. Philosophy:

Anacortes Middle School is proud of the athletic and activity programs we offer, and encourages all students to be involved. Coaches, advisors, and administrators, who are responsible for the conduct of students during events/activities feel the opportunity of participating in such programs is one of the most valuable experiences in a student's educational experience. The academic, moral, physical, and social aspects of a well-run athletic and activities program are of unquestionable value to the participants. **It is considered a privilege to participate.** The highest possible standard of conduct and training are required by those who participate in the Anacortes School District programs. Participants who exhibit any of the behaviors that rise to the level of misconduct, as defined in Policy and Procedure 3241 (Student Discipline) in addition to what is listed within this Code of Conduct, are subject to corrective action, which may include removal from participation in all activities. Lesser forms of corrective action will be utilized to the extent appropriate, and all corrective action may be grieved, in accordance with the discipline appeal process.

3. Period of Coverage:

Upon initial participation in middle school athletics and activities, the code will apply from start, to end of each season. However, it is expected that during times of off seasons or no events, students' behaviors and academics reflect the expectations outlined in this code of conduct.

Note: the AHS code of conduct is applicable to middle school students who participate in summertime athletics and activities.

4. This code is cumulative:

The code is based upon the concept of progressive discipline. Therefore, if multiple behavior or academic infractions occur, consequences may be more severe for each additional infraction.

5. Academic Standards:

It is expected that students participating in athletics and activities will pass all of their classes.

Students who have one **F** grade in any class will be ineligible to participate in games/meets/matches/events; but still expected to be at practice.

Students who have more than one **F** grade will be ineligible to participate in practices as well as games/meets/matches/events.

- In the event there is an academic study hall, there will be an expectation for participation
- Students with at least one failing grade “F” on BOTH grade checks will be removed from the team.

Grade checks will be the responsibility of the student to retrieve from the Athletics secretary, and pre-filled out, prior to asking teachers to sign off. Incomplete grade checks are not the teachers responsibility to fill out, and students may be asked to fill out before a signature is issued.

- Students and families who want the most up to date grade reports can log into Schoology and/or Skyward for reference.

6. Attendance Requirements:

Students must attend all class periods in which they are enrolled in order to participate in that day's competition, performance, and/or event. The only reasons for an absence to be excused by administration on the day of an official competition, performance, and/or event would include:

- 1) Medical appointment*
- 2) Family emergency or
- 3) Participation in school approved activities.
- 4) Documented health condition (Skyward and/or FinalForms) that has the potential to resolve itself during the school day.**

**A medical or dental appointment must be accompanied by a note from the doctor or dentist.*

*** Students missing school for a documented health condition must attend at least half day (P4-6) in order to compete.*

- Best practice is to communicate with the Attendance Secretary if an attendance issue arises.
- All extenuating circumstances for attendance will need to be reviewed and approved by the athletic director.

7. Equipment/Uniforms

School-owned uniforms and equipment that is checked out to a participant in any athletic/activity is their responsibility. **The loss or misuse of this equipment (uniforms) will be the financial obligation of the participant.** Participants will not be allowed to continue competition, receive awards, participate in succeeding activities or graduate until the financial obligation is fulfilled or equipment is returned

to its original state.

8. Code Violations & Potential Consequences:

Misconduct subject to corrective action and discipline

Participants who exhibit any of the behaviors in violation of school or reasonable coaching rules are subject to corrective action under [Policy 3241](#) and [Procedure 3241](#) (Classroom Management, Discipline and Corrective Action)

- **during season** Students who receive In School Suspension (ISS) will be ineligible to participate in practice and/or games(events) on the **day of ISS**.
 - Students will be allowed to practice once ISS is served
 - Students will sit out the following game/meet/match/event (unless day of ISS is game/match/meet)
- **during season** Students who receive an Out of School Suspension (OSS) will be **ineligible to participate for 5 school days** (including practices)
 - *The 5 days begin when the OSS is issued*
 - ***Students who receive 3 seperate OSS/ISS during season will result in student disqualification from sport/season***

Student sign-out: It is expected that students check-in with coaches/advisors prior to leaving an event with an approved parent/guardian. Students **MUST** be signed out.

- If a student leaves w/out signing out, they will not be allowed to leave w/ parent again.

Student Athletic and Activities Conduct Expectations:

- I understand that it is a privilege to participate in athletics and activities at Anacortes Middle School. Therefore during the season, I agree to follow the rules and regulations established by Anacortes Middle School, Anacortes School District, the Washington Interscholastic Activities Association (WIAA) and Anacortes Middle School's Athletic Department.
- I understand that in order to participate I am also expected to adhere to the standards and rules of Head Coach's / Advisor's for each sport, club or activity that I participate in, which may be in addition to the rules listed within this document.
- I will not use, possess, sell, distribute or show evidence of having consumed alcohol, marijuana, illegal drugs, prescription drugs (other than for their intended medical use), drug paraphernalia, nicotine products, or any item purported to be such at any time. Proximity or witness to such actions is considered participation.
- I agree to represent myself, my team, club or group and Anacortes School District with honor and respect. My sportsmanship, both as a participant and a spectator, will be positive and appropriate. Any display of unsportsmanlike conduct toward teammates, opponents, officials, staff, volunteers or spectators is unacceptable. At all times, my behavior and conduct in class, online, through the use of social media and at school functions will be appropriate.
- I agree to conduct myself in person, online and through the use of social media in a way that promotes a positive image of the school, community and myself at all times. If I act in a way that reflects negatively on the school, community or myself, I will be subject to extracurricular athletic / activity disciplinary action which may include suspension or permanent removal from sports and/or activities. Acts that could reflect negatively include but are not limited to: truancy, tardiness, fighting, stealing, academic fraud or cheating, plagiarism, criminal activity, hazing, harassment, intimidation and bullying.
- I will not participate in any actions of harassment, intimidation or bullying of teammates, opponents, staff, volunteers, spectators or students and promise to report any such actions, in confidence, immediately to school supervisory personnel. *Proximity or witness to such actions is considered participation.*
- I will not participate in any hazing or initiation activities and promise to report any such actions, in confidence immediately to school supervisory personnel. Proximity or witness to such actions is considered participation.
- I agree to abide by all AMS and ASD rules and regulations. Students who are suspended or expelled for any violation of school rules will not be allowed to practice, rehearse, compete or perform in any extracurricular activities for the duration of the suspension. Additional consequences may be imposed via the athletic/activities code: 5 days of no participation.

- I agree not to forge any athletic eligibility documents.
- I understand that Head Coaches and Advisors may have team, club or group rules with additional expectations of conduct and behavior that apply to their specific activity.
 - These rules / expectations must be approved by the AD and clearly communicated to participants at the beginning of the season and/or school year.
 - Participants who violate team / group rules may be fully or partially suspended from the next practice, game or event as determined by the Head Coach or Advisor, with approval from the AD.

Athletic/Activity Code of Conduct Agreement:

I/we realize it is considered a privilege to participate in the activity/athletic programs of Anacortes School District. I hereby agree to obey the rules and regulations set up by the Anacortes School District and the W.I.A.A.

We, the students and parents, acknowledge we have received a copy of the Anacortes Middle School Activity/Athletic Code and agree to abide by the rules and regulations of the Anacortes Middle School Activity/Athletic Code.

AMS Sports

Sign up on FinalForms!

For more information about AMS Sports,
visit <https://www.asd103.org/AMS/Department/76-Athletics>

Season Dates



Girls' & Boys' Basketball
BOYS' Basketball has ended.

Boys' October - November
Girls' February - March



Cross Country
Cross Country has ended.

September - October



Girls' & Boys' Soccer
GIRLS' Soccer has ended.

Girls' September - October
Boys' April - May



Track & Field

March - May



Volleyball
Registration closed for Volleyball.

December - January



Wrestling
(open to 6th - 8th graders)

February - March

AMS Clubs

Club list and availability changes throughout the year. This is the list as of November 2025.



FULL - Gaming Club - Mondays @ 2:45pm Room 208
Limit 12 students



FULL - Yearbook Club - Mondays @ 2:45pm Room 119



AHS/AMS Running Club - M/W/F @ 3:10pm Meet @ AHS
November through March



FULL - Robotics Club - Mondays, Tuesdays, Thursdays @ 4pm
Room 212 & 213
Team schedules vary



Garden To Kitchen Club - Tuesdays @ 2:45pm Room 101



FULL - Golf Club (Spring & Fall) - Tuesdays OR Thursdays
3:15pm
September through October - Day of the week will be determined by assigned group



Bible Study Group - During A Lunch - Tuesdays Room 102 &
Thursdays Room 114



Chess Club - Every other Wednesday @ 1:45pm Room 204
See calendar for specific dates



Builders Club - Every other Thursday @ 2:45pm Room 212
See calendar for specific dates



Card Collection Club - Fridays @ 2:45pm Room 106

Dates & Times TBD



Art Club



GSA Club



Scan here to
subscribe to the
AMS Web Google
Calendar

The Athletic Spirit Wear Online Store is open **through December 16!**



Order **HERE!**

