

RULES AND REGULATIONS

ACADEMICS:

All players must meet U.I.L. guidelines for eligibility. Grade check forms will be issued on a weekly basis to the students who are on a marginal passing status. They will be due by Friday of the same week. The parent, the student and all teachers must sign the forms. For the grades that are below acceptable passing status, the coach will contact the parent for a telephone or an in person conference.

ATTENDANCE:

In order to run effective practices and have effective game strategy, it is extremely important for the coaching staff to know exactly what personnel will be available on each day. Athletes and parents should make every reasonable effort to notify the coaching staff of every absence. It is the responsibility of the player to notify their perspective coach if they will be absent. All players must report on time for all volleyball practices, games, and related activities, as designated by the volleyball coaching staff. We feel a player should be early to prepare and be ready to practice before actual starting time. Doctor or dentist appointments are not considered emergencies, unless you are sick. Try to arrange your routine exams around the practice schedule

Excused absence

An excused absence is one of which the coach (es) has been notified in advance by a parent or the absent student of the absence. Or, in case of sickness, emergency, etc. the coach has been notified by phone or email.

10 full court sprint sessions

Unexcused Absence

An unexcused absence is an absence from a practice that is unannounced to the coaching staff!! Suspension from the team until a meeting with the player/coach/parent/athletic director has been arranged to determine what action will be taken against the athlete.

Late to game, bus, and/or late to practice

Up to 5 minutes late:	10 full court sprints
6-15 minutes late:	20 full court sprints
Past 15 minutes and /or a consistent problem with tardiness:	30 full court sprints

Excused absence from a game

15 full court sprints plus a player cannot start the next game

Unexcused absence from a game

Suspension from the team until a meeting with the coach, player, parent/guardian, and athletic director is held to determine what action will be taken.

ATTITUDE:

Players must display a positive attitude on and off the court, 100% of the time. If the player has a negative attitude in the opinion of the coaching staff, one that is detrimental to the welfare of the program, she will immediately be dismissed from the program.

SRC or anything less than an “S” in conduct

10 full court sprints and cannot start the next match

APPEARANCE:

We require the athlete to employ the following standards:

- a. All athletes will wear the designated practice gear for each practice.
- b. Warm up shirts and travel shorts will be worn to games.
- c. No jewelry is to be worn during practice or games.
- d. Kneepads must be up, shoes and ankle braces on prior to walking into the gym.
Player may be suspended indefinitely if failure to comply with the above rules.

EQUIPMENT AND UNIFORMS:

All equipment checked out from the volleyball program must be returned at the conclusion of the season. If a player quits or is dismissed, all equipment is due immediately. If you lose or damage a uniform or any equipment, you will be responsible for paying the replacement cost.

TRAINING RULES:

Absolutely no alcohol, drugs, or smoking will be tolerated. If observed by a coach, administrator, teacher, or security personnel immediate suspension will result and be handled on an individual basis.

CELL PHONES:

Players may carry cell phones with them in their back pack or equipment bags during/after school hours only. The phones must be turned off during practice, travel, and game times. Players may use their phones for emergency situations and may use them within 10-15 minutes of arrival back to school from a competition in order to inform their parents to come and pick them up at the high school.

PLAYER ACKNOWLEDGEMENT

I have read the rules and regulations and understand them completely. I will guide myself accordingly.

Print Name

Sign Name

Date

PARENT ACKNOWLEDGEMENT

As the parent (guardian) of the above player, I have read and understand the rules and regulations. I approve of the policies and will help our daughter to maintain the standards of the volleyball program.

Parent's Signature

Date