

# Lady Tiger Volleyball Team Rules and Expectations

## Mission Statement

The responsibility of student-athletes who participate on the Lady Tiger volleyball team extends beyond the court. Each individual athlete will have a role that contributes to the team's success. Players will follow team rules, meet expectations set by the coaching staff, give maximum effort, and maintain a positive attitude.

## Rules

1. Give your best at every practice/competition
2. Have fun
3. Be on time (practice, bus departure, matches, etc...)
4. Accept your role

## Expectations

### **In the classroom and community:**

- Just as players are expected to give 100% during practice/matches, they are expected to give 100% in the classroom. Work ethic in the classroom carries over to the volleyball court.
- Players must abide by all SHS student handbook rules. Violation of these rules may result in disciplinary action.
- Grade checks will be completed. If a player is not meeting GPA requirements, they will NOT be eligible to play.

**Attendance:**

- Players are required to attend EVERY practice/match unless they are excused. If you have to miss a practice/match, you must communicate with the coaching staff to have it approved first.
- All players will stay and watch all teams compete (Freshman, JV, Varsity). Players will not be permitted to leave any match early unless approved in advance by the coaching staff.
- Players will sit together during all matches - not with friends or parents. We are ONE team and will support each other.
- Varsity players will support and assist with the JV warmup. Likewise, JV players will support and assist with the Varsity warmup. Assisting players will not be excused until the warm-up is complete.
- If a player is absent from school, they are not allowed to practice or compete in a match that evening per SHS student handbook.
- Any unexcused absence will result in disciplinary action.

**Social Media:**

- Be positive when talking about your team and school. This is an expectation requested among all athletic teams as we are all playing for Shadyside High School and should support each other in the process.

**Personal Conduct:**

- Any inappropriate action or language toward another person/team will not be tolerated and will result in disciplinary action.
- Any type of bullying, including but not limited to verbal, social, physical, psychological or cyber will result in disciplinary action.

## **Practice/Matches:**

- BE EARLY! Every player should be dressed and ready 15 minutes before the start of practice.
- Players are expected to wear appropriate clothes to practice/matches. This includes court shoes, knee pads, and athletic clothes. If a player needs taped for an injury, she must have it done before practice/matches.
- The net should be set up before the start of a practice/match. Seniors are excused from this duty.
- Respect all equipment. After every practice/match, players must clean up all equipment and put it in its proper place.
- After a practice/match, all players must clean up after themselves. There is to be no trash left in the bleachers, locker room or on the bus.
- Cell phones are not allowed at practice or matches; they must be left in the locker room, hallway, or with a parent.

## **Attitude/Effort:**

- Two things over which every player has control is her attitude and effort. There is NO excuse for a bad attitude or lack of effort during practice, matches, or team events. Remember! Body language is a significant indicator of attitude.
- Playing time is EARNED, not given. Ultimately the coaching staff will choose the players we believe will give the team the best chance to be competitive.
- Remember that a positive attitude is just as contagious as a negative one. Be positive, enthusiastic, and dedicated when at practice and matches, or with the team.
- Demonstrate sportsmanship at every competition with officials, fans, teams, and coaches.
- Remember, your actions reflect on the entire team and Shadyside High School.

## **Parent Expectations:**

- Be supportive of the team. Use positive words when speaking to a player, parent, or community member about the team. What a player hears at home, affects her attitude and effort at practice.
- Be supportive of the coaching staff. Respect coaching decisions. Allow the coaching staff to correct player mistakes.
- Playing time WILL NOT be discussed. The player, and the player only, is responsible for meeting with a coach to discuss playing time.
- Parents are not to approach the coaching staff before, during, or after a match. The coaching staff is focused on team competition and should not be distracted. This includes phone calls and text messaging as well.

## **Disciplinary actions outlined below will be taken when a team member does not meet the rules and expectations:**

First offense: Extra conditioning

Second offense: Sitting a set from the next match

Third offense: Sitting the entire next match

Fourth offense: Dismissal from the team

## **Statement of Acknowledgement and Responsibility:**

*As an athlete on the Lady Tiger volleyball team, I accept and understand my responsibility to put forward my best effort as an athlete and student. I agree to the above rules and expectations and will accept any consequences that follow my actions.*

**Athlete Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

*As a parent, I understand that my daughter has made a commitment to be part of the Lady Tiger volleyball team. I agree to help her abide by the volleyball rules and expectations and the SHS student handbook rules. I will do my best to be positive and supportive of her, her teammates and the coaches, along with displaying sportsmanlike behavior.*

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_