



Sandwich Lady Indians Volleyball

Rules and Expectations 2011 Season



Purpose

- The main components of the Sandwich Lady Indians are: hard work, discipline, dedication, and teamwork. With these four components, the girls are assured growth and will have a successful season.
- Players learn to blend their talents to meet overall needs of the team and HAVE FUN!
- Your commitment to this team begins today until the end of the season.
- Remember: **HARD WORK PAYS OFF!!!!**

Coaches Commitment

- As your coach, we want you to know that you are important to us. We love coaching and we are motivated daily to make our team successful. Our goal is to provide you with every opportunity to be as good as you want to be.
- We want to help you strive, to be your best, by setting goals that are measurable and attainable. We want you to grow as athletes and people. We want you to take the lessons learn from competing in volleyball and use them to help you achieve in all areas of your life. We want you to learn the meaning of commitment, discipline, responsibility and hard work.

Try-Outs

- The first three days of practice are try-outs (10th, 11th, and 12th).
- Please come prepared every day. You will need a pair of outside shoes, indoor volleyball shoes, kneepads, physical form, activity fee and a water bottle.
- By the first day of try-outs you will need your physical form and activity fee to participate.
- During try-outs the coaches are looking for players who have good volleyball skills, a positive attitude, are coachable, and give 110% at all times. This will determine Varsity, JV, and Freshmen teams. Do not assume you are on a certain team.

Expectations

- Attendance
 - Attendance is expected and required at all practices, meetings and games.
 - Be on time to all practices, meetings, games and bus times. (Always try to be at least 10-15 minutes early.)
 - If you are late for a bus, we will not wait for you.
 - Practice, meetings, games and bus times begin according to the schedule.
 - Excused absences may be granted for the following: illness, family emergencies, or with head coach's discretion and proper notification*.
 - Other school functions will be taken into consideration with proper notification.
 - If you are sick or leave school early due to an illness, please notify your head coach or the secretary as soon as possible.
 - If you skip a day of school, you will not be able to participate in the next scheduled game.
- Homework
 - As coaches, we ask that you put academics as your top priority at all times.
 - If you need extra help after school or need to make up a test or quiz, please let your head coach know one day in advance and return to practice with a pass.

- Make it a priority to complete all assignments on time and to your best ability for every class that you are taking.
 - Remember that eligibility counts, so do your homework!!!!!!
- **Practice Penalty**
 - Your head coach will determine your penalty for the first unexcused practice.
 - The penalty for the second unexcused practice will be a one game suspension.
 - Three unexcused practices will result in termination from the team.
 - Any player that is late for practice will have to stay after and make up what they have missed.
- **Game Penalty**
 - Any player that has an unexcused absence for a game will be suspended two games for each game missed.
 - Any player late for a game may lose her opportunity to start as well as a chance to play for that day. She will also have makeup time either before or after the next practice.
- **Practice and Game Play**
 - The net needs to be set up and players start stretching AS A TEAM by 3:15.
 - All practices are closed. Anyone in the gym besides players and coaches will be asked to leave.
 - Cell phones are not allowed during games or practices. If there is an emergency or the player is waiting on an important phone call they may give the coach's number to their parents. They will also need to give the coach notification so she will have her phone on.
 - If a player is caught with a cell phone, their head coach will determine the consequence.
 - Cell phone usage should be limited on bus rides. Use this time to mentally prepare for the game and to bond as a team. Appropriate usage of the cell phone would be to call a parent to give directions, let them know when you will be home, or how the game went. We need to stick together as a team after a game, win or lose, it is our teammates that we should be communicating with.
 - 24-Hour period: There is a strict 24-hour period before and after games. Parents are not allowed to approach the coach with concerns about their daughter and/or the team. Parents who have concerns should wait until after the 24-hour period, and then make an appointment with the coach. **Playing time is not negotiable.**
 - In order for your child to leave from an away game, they must be signed out by their parent or legal guardian. A sign out form will be provided by the coaching staff. Otherwise, the student will be expected to be transported back to school on the bus after the event.
 - The Sandwich School District does not allow students to ride with another person; or allow a note to be used to inform the coaching staff that the student is leaving the event with someone else.
 - All players riding the bus home from games can be picked up at the High School upon return. Please pick your child up on time. In the event of an emergency, please call the coach.
- **Clothing**
 - All players will have practice clothes (both inside and outside) available at all times. (This includes outdoor shoes and volleyball shoes as well.)
 - Jewelry is not to be worn at practices or games.
 - Shorts, t-shirts and sports bras are required at all practices.
 - Tank tops with spaghetti straps are not to be worn.

- **Injuries**
 - Any player who is injured in practice or games must report to the trainer or coach.
 - All injuries must be documented.

- **Playing Time**
 - Volleyball consists of 6 players on the court. Those 6 players will be the players who show up for practice, have positive attitudes, a hard work ethic, enthusiasm and work to make their team better.
 - Players will move up only if the coaches see fit. They may also be moved down if needed.
 - There is no guarantee of playing time.
 - Each player will have a vital role on the team. As a player, you need to know your role on the team and work hard each day to improve that role.
 - Reserves are a vital part of the game as well. You are a major part of the team's success. You provide competition so that all players are challenged.

- **Attitude**
 - All players must respect all players, coaches, officials, bus drivers, teachers, administrators, parents and other schools. Any player who does not show respect will be suspended for one game.
 - When a coach is talking, you should be listening. A good listener has their eyes on the person talking.
 - Absolutely no swearing. If you are heard on the court, locker room or in the halls, your head coach will determine your consequence.
 - No talking back. If you have concerns you are allowed to address them with a constructive approach at the end of practice or the day after a game.
 - Your attitude reflects the people and teammates around you. Stay positive!
 - Show sportsmanship towards other teams and individuals.
 - Please encourage your daughter on and off the court. We have a great group of student athletes and the potential to do some great things!

- **Teamwork**
 - Volleyball is a team sport. All players must support and encourage each other. Leave personal issues off the court.
 - As part of a TEAM, we will support each other. This includes supporting the freshman, junior varsity, and varsity teams by attending games and cheering your teammates on.
 - "Coming together is a beginning, staying together is progress, and working together is success."
- Henry Ford

*Proper Notification – Player and/or parent will give the coach written notification of why they will miss practice or a game at least 24 hours in advance. Just because written notification is given, does not guarantee the absence will be excused.

"In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept constructive criticism. Without a total 100 percent dedication, you won't be able to do this."

~Willie Mays~

