

## Expectations for Lady Braves Volleyball

### For Parents:

1. **Be respectful to all volleyball officials, coaches, players, and parents.** If there is any sort of issue regarding the rules of the game, please **read the rule book first.** The game is constantly changing, so the rules may not be the same as the previous year.
2. If you need to talk to the **head coach** about a daughter's playing time:
  - The **player** must approach the coach and voice her concerns **first.**
  - The head coach recommends that a parent watch a **week's worth of practices.**
  - **Absolutely NO confrontation on game nights will be allowed.**
  - The head coach will accept phone calls, emails, or face-to-face conversations (after practices) **24 hours after the issue arises.**
3. Parent involvement is welcome with fundraisers, tournaments, game nights, etc. If you have any ideas you'd like to share, please contact the head coach.
4. Expect to have morning practices on Fridays: 6AM-7:30AM. The dates are: **8/30, 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18.**
5. The coach has the right to adjust the volleyball line-up. A player's position is not secured at any point during the season. The coach welcomes competition and expects all players to work hard for their spots on the court.

### For Players:

1. **Take care of your bodies:** eat properly, get enough rest, and drink plenty of water.
2. **No drug or alcohol use will be tolerated.** The head coach will follow the district's policy in regards to these offenses.
3. **School comes first.** If a player has a **D or an F** in any class, then she will work on homework at practices until the grade is raised.
4. **Respect all volleyball officials, players, parents, and coaches.** Respect your school and the opposing school's facilities as well.
5. If you **miss a practice or a game or are late to any volleyball related event**, there will be repercussions – whether it is extra conditioning, a make-up practice, a game suspension, etc. The final decision will be made by the head coach.
6. If you have any concerns – volleyball related or not - please feel free to approach the head coach **before or after practices.** My door will always be open.
7. **Remember, if you are early – then you are on time. When you are on time, you are LATE.**
8. **Keep ALL confrontation off the volleyball court.**

9. The coach has the right to adjust the volleyball line-up. A player's position is not secured at any point during the season. The coach welcomes competition and expects all players to work hard for their spots on the court.

Parent's Signature: \_\_\_\_\_

Player's Signature: \_\_\_\_\_

Date: \_\_\_\_\_