

## Greenwood Volleyball Guidelines

### Player Needs:

1. Volleyball shoes or something similar. "Running" shoes are NOT a good choice. They need to be in our school color theme (white/red, white/black, white/grey). Outside shoes and extra socks for the first week of practice.
2. Kneepads. You need to purchase your own. We will offer them at a discount price. Varsity must be black.
3. Water bottle of your choice. We will not provide you with one.

### General Info:

1. Physical/Alternate year cards, athletic codes, and Impact testing must be on file in the office before you can practice/play.
2. Lock your locker! The school provides you with a lock. It is your responsibility to use it. Bring your own lock for away games.

### Role of the athlete:

1. Student first, athlete second. Follow school rules and the athletic code and there should be no problems.
2. If you receive a detention, you will sit one set (game).
3. Attendance is mandatory to play. You will not start or receive quality playing time if you miss a practice. An unexcused absents will result in one missed match.
4. If you make a habit of coming to school late, a warning will be issued. If it continues, a call to parents/guardians will be made. If it still can't be resolved, removal from the team will result.
5. Proper conduct is always expected. You are not only representing Greenwood as a volleyball player, but you are representing your teammates, coaches, and especially yourself on and off the court. **Unfortunately we live in a society that can judge us unfairly, so conduct yourself in a proper manner at all times.** If a player's conduct comes into question, a warning is issued. If it continues, a call to parents/guardians will be made. If it still can't be resolved, removal from the team will result.
6. I encourage all players to return home on the bus/van from away games. We arrive as a team; we should leave as a team. We will allow you to leave with a parent/guardian after you sign out with the coach. If riding home with another adult other than a parent/guardian, approval from the principal in writing is need **ahead** of time.
7. **Uniforms are NOT to be worn to or from a game.**
8. Pick up after yourself. After practice, games, and especially while we are playing away. For every item left, the whole team will run a set of lines.
9. When in doubt, remember **RESPECT TAKES CARE OF EVERYTHING!**

Role of parent/guardian:

1. Family functions come first. Please let me know **ahead of time** if there is a conflict or if something comes up. I am very flexible and understanding when it comes to family. However, going shopping doesn't count as a family function.
2. If you want to discuss an issue regarding your daughter, she must be present at the meeting. After all, it is about her. If need be, I will also have an administrator present.
3. If there is still an issue after discussion with the head coach. The district principal is your next step.
4. Make sure your daughter is eating. Dieting and athletics are not a good mix. They need a lot of good energy!

Role of the coaches:

1. We will push you, and you may hate us some nights, but we will never intentionally hurt you physically or mentally.
2. We will give our all as long as it's wanted. We will not waste our time on those that are not willing to learn and try what is offered when there are girls that really want to learn and improve.
3. We will work with you to make you better. If corrections or suggestions are given we expect you will do them. Things will get much worse before they get better. We give you the correct way to do things for a reason...because they have been proven to work.
4. At the C-Team and JV levels, all girls will see playing time. It may not be equal, but we will do our best to be fair. The varsity level is different, we are playing to win. My best six players will be on the court at all times. That may mean six girls will see playing time, or 10 depending on the situations. It's my job to put them in a position where they will have the most success individually and what will help our team. Each year our teams are different, but my philosophy stays the same.
5. We will do our best to teach volleyball in a competitive atmosphere with fair and honest play, and hopefully some life lessons along the way. While doing all of this, we will also keep in mind that volleyball is a sport and it should be fun for all.
6. **We can help make you a better volleyball player and even a better person, but we CAN NOT make you more talented than somebody else.**

Player/Parent Contract

I have met with Coach Mayenschein and understand the Greenwood Volleyball Guidelines to be an active member of the Greenwood Volleyball Team for the 2016 season. I understand that Coach Mayenschein and the school district will use their best judgment in handling issues that may affect the volleyball program.

I am aware of and understand the Volleyball Guidelines.

Player Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_ Date\_\_\_\_\_