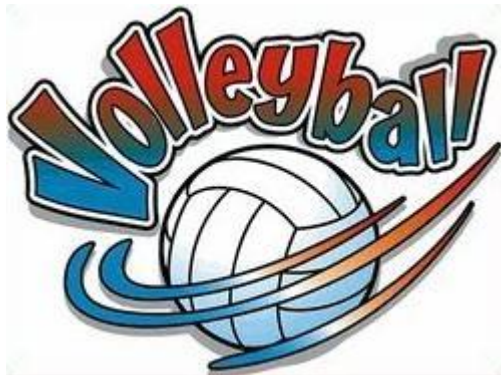


POTOSI VOLLEYBALL PROGRAM PHILOSOPHY

Those who participate in competitive athletics will take skills with them beyond middle school into their adult lives. They will experience teamwork, competitiveness, leadership, discipline, friendship, and other characteristics that will guide them on and off the court.

It is important for our players and coaches to display good sportsmanship whether we win or lose. Although it's great to win, that is not going to happen every time you step on the floor. How players, coaches, parents and fans display themselves after a loss shows a lot about the character of individuals as well as the school. We would like to have our school represented well.

It is our hope that everyone who is part of the Potosi Volleyball Program will make their experience a positive one, no matter what their role is on the team. You will only get out of something what you put into it. You can't expect to be a successful student-athlete if you are not willing to work as hard as you possibly can.



PRACTICE EXPECTATIONS

- *Athletes will work hard to achieve their full potential at every practice.
- *Build and maintain physical fitness and health through the academic year.
- *Remain active during the summer months. We cannot require an athlete to do anything in the summer, but it is highly encouraged.
- *Report to trainer and coaching staff concerning all injuries no matter what the severity. Must obtain written release from injury by trainer or physician before returning to practice.
- *Athletes are expected to have transportation to and from all practices. Parents should be prompt in picking their children up from practice and games.
- *Punctuality is a key trait of all successful people. We expect this. "To be early is to be on-time, and to be on-time is to be late." Please communicate with your coach throughout the season.
- *If an athlete has to miss practice, this must be reported by that player to their coach prior to practice. This does not include emergency situations.
- *Unexcused absences will NOT be tolerated. Absences that are not shared directly with the coaches in advance will result in losses of playing time.

UNIFORM EXPECTATIONS

- *Knee pads and tennis shoes are required for practices as well as games.
- *Game Uniform: black shorts (do not have to be spandex) and school-supplied jersey.

GAME AND TOURNAMENT EXPECTATIONS

- *Athletes are encouraged to travel to and from all events with the team. If a player will not be riding the bus home, the adult will need to tell the coach and sign the player out.

*During matches, teams not playing are encouraged to stay in the stands with their teammates and support the Lady Chieftain team currently playing. At times, you may be asked to be a line judge if your team is not playing at that time.

*Dress should be appropriate according to school guidelines and the coaching staff.

*The tournament at the end of the season is an 8th grade tournament, but some 7th graders will be asked to play with them.

LADY CHIEFTAIN VOLLEYBALL GUIDELINES/RULES

*Participation is at the discretion of the coaching staff.

*You are expected to work diligently toward earning good grades in your school courses.

*You are expected to follow all school rules while on this team.

EXPLANATION OF PLAYING TIME

B Team – At this level, most girls are just starting to learn the basics of the game. Coaches will do their best to make sure that all girls are getting playing time. It is very difficult to get large numbers of athletes into a volleyball match when considering the amount of girls on the floor and the substitution rules that go along with the game. These games are played rally scoring to 21, winning by 2, with a maximum of 25 points.

A Team – The first half of the season will be focused on learning positions and learning/reviewing rotations. During this time, playing time will be as even as possible. During the second half of the season, playing time will be earned. Players having a good attitude, strong leadership qualities, determination and necessary skills will have a greater opportunity to show their talents. Playing time is not equal at this level, although coaches will still try to get all players in at some point during the match. If there is an issue with playing time, the PLAYER must approach the coaching staff with

those concerns. These games are also played with rally scoring to 21, winning by 2, with a maximum of 25 points.

PARENT CODE OF CONDUCT

*Attempt to relieve the pressure of the competition, not increase it. A child is easily affected by outside influences. Children have more need for example than criticism.

*Applaud good plays by your team and by members of the opposing team.

*Accept the results of the game. Encourage your child to be gracious in victory, and to turn defeat into victory by working towards improvement.

*Remember your child is involved in organized sports for her enjoyment, not yours.

*Due to all of the requirements and stressors of a match, coaches shall NOT be approached before, during or after a match by upset parents. If there is an issue that cannot be resolved between the player and coach, parents may set up a meeting outside of practice or game time with the coaches.

*Whether or not the parent agrees with what the program is doing, they are encouraged to be positive around the team and their daughter and keep these items between them and the program.

Thank you for helping to make this a great season. Please sign and return the next page.

POTOSI VOLLEYBALL PROGRAM PHILOSOPHY

I have read and discussed the Potosi Volleyball Program Philosophy and Handbook with a parent and we agree to follow the expectations and rules that have been set before us helping to ensure a season filled with learning and fun.

Player's signature

Parents' signature
