High School Volleyball Parent/Athlete Meeting

Team Rules and Expectations:

2012-13

As a new/or returning member of the Elk Point Jefferson High School volleyball team, you will be expected to know and follow the team’s rules, along with working hard to meet its expectation. Being part of any team requires some sacrifices to become strong individual players and strong members of a team. Dedication and hard work is required by those involved in order to have a successful season and a strong volleyball program.

(ALL RULES ARE IN EFFECT FROM THE FIRST PRACTICE THROUGH THE FINAL GAME OF THE SEASON)

Coaches:
- Head Coach Traci Bennett Kollbaum
- Assistant Coach Aubrey Helling
- Assistant Coach Megan Kahler

Physical Forms:
- Athlete may not practice or participate with the team until the physical form is completed by a doctor and turned into either the coach or the high school office.

Policies and Rules:
- Practice and Games Requirements:
  - Athletes must participate in 10 practices before the 1st game to be allowed to play in the match.
  - Cell Phones, gum, barrettes, or jewelry of any kind are not allowed on the court during practices or games.
  - Appropriate dress apparel should be worn at every practice: proper shoes, shorts, shirts and kneepads. Forgotten clothes will be looked at as an unexcused absence.
  - Breaks will be taken as a team and only as a team, this includes drink breaks.
  - Practice will begin at 3:30 during regular school days. Players will help set up and take down equipment for practices and games.
  - Players are expected to stay and support any of the teams that they are on or are not playing in. All players will sit together and help clean up and take down equipment after the final match. All players will also help set up for games. WE ARE ALL PART OF THE EPJ VOLLEYBALL TEAM AND WILL SUPPORT EACH OTHER!!!
  - Practices will be open to players and coaches only.
- Playing time:
  - Playing time during a match is the ultimate reward for any athlete. However, it can often be a sensitive topic when an athlete or parent does not understand or agree with the amount of playing time an athlete receives.
  - An athlete can request a meeting with her coach or the coaching staff to discuss playing time.
  - An athlete’s playing time will not be discussed with other players.
  - An athlete’s playing time will only be discussed with her parents/guardians with athlete present.
  - Playing time is a complex mix of an athlete’s personal strengths and limitations (physical, emotional, mental and social), skill level, attitude, attendance, work ethic, team’s positional needs, player tendencies, opponents’ tendencies, strategies, long and short term goals, team cohesiveness, player roles and finally the need to follow the rules of the game. Ultimately, it comes down to “what is in the nest interest of the team?”
  - Coaches do not take the decision of playing time lightly. Much thought and planning goes into the decision making process.
  - Volleyball is a competitive sport. As an athlete, you expect to compete against other schools but often times overlook that you compete against your own teammates throughout the season to earn playing time.
• **24-Hour Rule:**
  - EPJ volleyball team has a rule in place to avoid conflicts between parents/guardians and coaches.
  - You are required to wait 24 hrs before and after a game before approaching a coach.
  - Coaches have many duties to perform before and after a game.
  - Approaching a coach to discuss a sensitive topic before or immediately after a game is inappropriate.
  - If after 24 hrs you wish to visit with the coach contact one of us to set up a meeting.

• **Away Games:**
  - After all matches are finished, there will be a bus going back to EPJ School. All athletes are expected to ride the bus home. We will need a note if your athlete is riding home with parents. Please give the note a day in advance.
  - Players, parents, family and friend can view departure time and schedule at [www.epj.k12.sd.us](http://www.epj.k12.sd.us) game highlights and score will also be posted.

• **Appearance:**
  - All athletes will dress up or dress as a team for every game. The athlete will be dressed up all day at school and then come to the gym dressed up. **IF YOU FEEL GOOD, YOU WILL PLAY GOOD!**

• **Excused Absence:**
  - Excused absences include only those, which are absolutely necessary and are cleared by a coach BEFORE the game or practice is missed. If an athlete is sick the day of practice or game, a coach needs to be contacted. Email is the best way. If a practice before a game is missed, playing time will be decided by the coaches’ depending upon what was missed during practice.
  - Do not always assume that your excuse is acceptable. Always check in advance.
  - School sponsored activities are excused, but do hold the same consequences if it is the practice before a game.
  - Starting the first day of practice, all doctor, dentist, hair appointments, etc. need to be taken care of outside of volleyball practice times. Necessary medical appointments are an exception.

• **Unexcused Absence:**
  - If the coaches do not know before the practice or game and are not told specifically by the athlete or parent themselves, it is unexcused. Unnecessary reasons for absence will also be looked at as unexcused, including forgotten clothes, along with excessive excused absence, tardiness, or leaving early from practices and games.
    - 1st time: make up conditioning as seen fit by the coaches
    - 2nd time: sit out the next match
    - 3rd time: sit out matches for one week following the absence
    - 4th time: possible removal from the team (coaches’ discretion)
    - Athletes who have to sit out matches are still expected to dress in uniform and sit with the team at the game, both on the bench and supporting other teams.

• **Injured Players:**
  - Seriously injured or sick players need to report to practice to get treatment and watch practice as much as possible. If they do not attend practice and are capable, it will be considered UNEXCUSED!!

• **Equipment:**
  - Athletes are responsible for each piece of equipment checked out to them. Missing or damaged equipment (due to neglect by that of an athlete) will result in a charge for that item. Uniform are expected to be turned in by the deadline set by the coach at the end of the season.
  - An athlete must provide their own black shorts- only color except for logo, knee pads and socks.
  - Sports bra must be similar color to uniform.

• **Locker Room:**
  - It is the team’s responsibilities to keep a clean locker room at all times (both home and away). Extra conditioning for the entire team will result if this is not done.
• **Training Room:**
  - The training room is to be used only by those who need taped or treated.
  - You will have many bumps, bruises, blisters, and sore muscles. That's part of the fun of playing hard! As coaches we need to be aware of these injuries. However, you must realize the difference between sore and an injury. An injury permits you from playing.

• **Sleep/Curfew:**
  - Sleep is necessary for top performance.....you owe it to yourself and your team!!
  - Curfew the night before a game and weekdays is 10:00 pm (unless a school or church function).
  - Weekends curfew is 11:00pm
  - Breaking the curfew may result in loss of playing time for the next game and/or time made up in the gym.

• **Traveling:**
  - Make sure you have all of the necessary parts to your uniform before we leave.
  - All athletes must be 10-15 minutes before the bus leaves. We will leave exactly on time and will NOT wait!!
  - All athletes are expected to act appropriate on the bus and at other schools. Remember that we are representing EPJ! Athletes who cannot act appropriate will NOT go to away games or events!

• **Conduct:**
  - You are expected to follow the SDHSAA rules.
  - This includes avoiding the use of alcohol, tobacco and illegal drugs.
  - Avoid situations that put you and your eligibility at risk.
  - **NO** unsportsmanlike conduct by parents or athletes toward EPJ players, opposing teams, coaches or officials will be tolerated at anytime. Action of this kind will be dealt by coaches and administration.
  - Athletes are expected to give 100% at all times at games as well as practice.

• **Classroom Behavior:**
  - Your behavior in the classroom should be exemplary and that of a model student.
  - You are a student first and an athlete second
  - Please keep athletics in perspective. Remember, you are in school to get an education, please take full advantage of this opportunity.
  - Notify your teachers in advance when you will be leaving class early or will miss class due to volleyball matches
  - Prepare for classes and make up any work in advanced that is going to miss
  - Ineligibility list comes out weekly

We are very excited to begin the season. Parent support is so important and we look forward to seeing you at matches!!

Coach Kollbaum
Coach Helling
Coach Kahler

Reviewed 7/16/12