

Starlings South Central Rules

Attendance:

IF YOU ARE LATE FOR PRACTICE:

1. Let someone know: Text or call a coach to let them know you will be running late or will not be showing up.
2. Be ready: Volleyball shoes on, hair tied up or pulled back, and ready to go on the court.
3. Upon arrival: Depending what time you stepped into the court, that is the number of suicides. Grace Period: 10 mins from the start time of practice.
EX: Practice starts at 6:00 pm, setting up takes 10 mins. Officially practices start at 6:10, Linda comes into the gym at 6:13. Linda steps onto the court at 6:15. She will automatically have 5 suicides.

IF YOU ARE LATE FOR A GAME:

1. Let someone know: Text or call a coach to let them know you will be running late.
2. Be ready: Volleyball shoes on, hair tied up or pulled back, and ready to go on the court.
3. Game: If the team has more than 6 players on the court you will sit out for the first 10 points

IF YOU DO NOT SHOW UP FOR PRACTICE:

1. If you miss 5 or more practices throughout the season without letting your coach know, then your coach will have a talk with you and your parent. Until this happens you the player will be sitting out of every practice/game.
2. If you do not attend practice then you will not be playing in the game, until you start attending practice. COACHES/TEAMS NEED COMMITTED PLAYERS.
3. If you have a reason for not showing up please feel free to let us know, but the Coach will either excuse it or deny it.

IF YOU DO NOT SHOW UP FOR A GAME:

1. If you tell a coach that you cannot make it to the game, we will need a legitimate reason for it.
2. If you don't let a coach know that you will not make the game, then upon next practice you will have conditioning and must pay a fee.
3. If you miss more than two games, then the coaches will have to talk with you and your parents to find out why you are missing.

IF YOU LEAVE EARLY:

1. Let your coach know, that way we know that you will be leaving early.
2. Leaving early may count as absence, depending if the reason is valid.

GAMES/GAME DAYS:

1. NO leaving early. We get there as a team we leave as a team.
2. Be on time, if you need extra time to get to the game please leave earlier.

IF YOU PLAY OR DO ANYOTHER EXTRA CURRICULARS:

1. If you play another sport while you are playing for Starlings then keep in mind that, that is not a reason for you to be late to practice or games. You choose what to do therefore you have responsibilities.
2. If you are taking an after-school class then you may be excused for being late but, Coaches will need you to prove that you are attending an extra class after school.

Dress Code:

AT PRACTICE:

1. NO earrings, necklaces, chockers, or rings at practice.
2. NO crop tops (Short Shirts)
3. NO tying up your shirt
4. We recommend not to have acrylic nails, gel nails, no long nails. If you do have them, it should not stop you from playing volleyball.
5. We recommend not to wear vans, converse, any flat shoes during practice, please have on volleyball shoes or athletic shoes on.

*If you do not comply with Rule # 2 or # 3 then you'll will be sent home.

OR You will be given a borrowed shirt for that practice.*

AT GAMES:

1. NO earrings, necklaces, chockers, or rings at games.
2. If we have more than one uniform, bring ALL your uniforms.
3. Bring ID to each and every game.

Attitude:

MINDSET AT PRACTICE:

1. Leave everything at the door: We know everyday is not a good day but before passing through the gym doors you leave all the negativity outside that door.
2. Don't adapt to the energy in the room. Influence the energy in the room.
3. Come to practice giving us 110%. You practice how you play.
4. All the talent in the world won't take you anywhere without your teammates. If you are good at volleyball, take the time to help your teammates that do need help. After all they are your teammates.

ATTITUDE AT PRACTICE:

1. NO BULLYING
2. If you are giving attitude to any coach or player, you will be asked to sit down for the rest of your practice and a Coach will let your parents know why you were sitting down.
3. Respect: "Respect is a two-way street, if you want to get it, you've got to give it."

Phones:

PHONES AT PRACTICE:

1. They will be put away before practice.
2. After practice is over you can use them.
3. NO phones during break.
4. During an emergency you can use them outside the gym.

Practice:

BEFORE PRACTICE:

1. EVERYONE will help set up the net, the antennas, the poles, ball cart, balls, and the pads. Coaches should not be the only one setting up, if this happens there will be conditioning for EVERYONE.
2. EVERYONE should be setting up, if there's nothing to do you should be in the middle ready to stretch.
3. Setting up should not take more than 10 mins.
4. Before you enter the gym be ready to be on the court meaning use the restroom before coming in. Be ready to get on the court that way you do not waste time. When you come into the gym you should only come in to put your stuff down onto the side then head into the court.
5. If you are on your phone or are not ready before entering the gym you and your team will be given extra conditioning for your action.

AFTER PRACTICE:

1. EVERYONE will help take down poles, net, antenna, pads, ball cart, and balls.
2. Once everything is put away, grab your bag and meet in the middle. Coaches will dismiss you.
3. Please pick up after yourself. If coaches must pick up after players, then all teams will have extra conditioning at the end of the next practice.

"Working the hardest and leading by example will make both you and your teammates better. Always push each other in a positive way to stay motivated and do the best you can. It is also important to keep an open line of communication both on and off the court." - Sara Hughes

Coaches Information:

Coach Garcia	(323)420-8319	12n Under
Coach Anna	(323)928-0774	14n Under
Coach Ronald	(323)331-2363	16n Under
Coach Kaila	(818)310-7535	18n Under
Coach Jamal		