

## **PLAYER EXPECTATIONS:**

1.     \*\*Is there any medical issues I need to be aware of...let me know!
2.     \*\*If you are going to be gone for practice or tournament I EXPECT a call from YOU in advance. Don't tell your friend to tell me!!
3.     \*Always have your hair in ponytail and if needed wear a headband to keep hair out of face!
4.     \*When it is cold wear your coat and warm clothes outside...if you are sick your team will suffer because you are gone!!
5.     Do not kick volleyballs or throw them over the net.
6.     HUSSE – no walking between drills or breaks...keep your feet moving.
7.     \*HOLD THE BALL WHEN I TALK! And listen!
8.     An injured athlete that can attend school is expected to attend practice, even if she cannot physically participate in practice. She needs to be there to support her team and be available where she can.
9.     \*10 min. early to practice...be ready to go at start of practice time. Don't wear wet shoes on gym floor!
10.    \*\*At practices...take home everything you came with and pick up after yourself. I do not want you leaving trash laying around for the hosting team (or me) to pick up. If I pick it up...there are consequences!
11.    \*\*I don't want any argument about possibility of concussion...it is up to me and your parent to make the final decision. It is extremely important that you are honest with how you are feeling and tell me if anything has happened (to you or your teammate) that I need to be aware of. Concussions are serious – VERY SERIOUS!
12.    \*There is no 'I' in Team!! Every team member is responsible for doing their part in order to keep the team strong. We need to play for each other and not for ourselves. Each side needs 3 hits so teamwork and reliance on one another to perform are at a premium.
13.    \*Be positive and encouraging to team members. I don't want to hear any negative comments from anyone about anyone. I understand there will be squabbles but come practice and game times it is left off the court. We come together as team and WE HAVE EACH OTHERS BACKS – just as a SISTER would!!!
14.    \*\*\*\*Have Fun!

GIVE 100% ALL THE TIME!

Have a positive attitude!

Have positive effort!

Respect yourself, your teammates and most of all me (don't waste my time or your teammates)!

## **ATHLETE CODE OF BEHAVIOR**

As an athlete, I will inspire to:

- Participate in volleyball alcohol and drug free
- Play by the rules of volleyball;
- Use positive verbal and physical behavior, controlling temper and aggression (intent to do harm);
- Tell the truth about another person's involvement in or knowledge of something that violates the rules;
- Show fair play by treating all those involved in the match with dignity and respect;
- Treat others as you would like to be treated;
- Work hard and honestly to improve performance and participation;
- Maintain a positive image of myself by playing volleyball for enjoyment.