

SMNW Student-Athlete Practice Guidelines

As a new or returning member of the Shawnee Mission Northwest High School volleyball team, you will be expected to know and abide by the program rules as well as commit 100% buy-in to the program. Please beware that being a part of any team requires and involves sacrifice in order to become a strong player in a successful program.

Policies and Rules

Practice:

- **STARTS @ 3:15 pm.** Players are expected to attend ALL practices on time, mentally & physically prepared. Teams will usually practice until around 5:30 pm. Early in season we may practice until 6 pm. Practices on No School, Late Start, and Early Dismissal days will depend upon the coach.
- Player must be in the gym at 3 pm to help set up nets.
- T-shirts (with sleeves) and shorts/black spandex required at practice.
- All doctor, dentist, hair appointments, etc. need to be taken care of outside of volleyball practice time. Necessary medical appointments are an exception. Remind your parents to schedule appointments outside of practice time.
- Contact coaches with issues about attending practice as early as possible, but no **later than 1 hour PRIOR to the start of practice.**
- Athletes must communicate with coaches face to face whenever possible (text messages and teammate message is a last resort).
- Seriously injured or sick players are required to attend and watch practice unless given prior excusal from your coach. It is the athlete's responsibility to obtain prior clearance if a situation arises that will affect the athlete from attending practice.
- There WILL BE Saturday practices during the season.
- Everyone assists in setting up and putting away equipment (net, balls, carts, boxes, etc.)
- NO WALKING ALLOWED - jogging or running from one place to another when practice begins.
- No one leaves the gym for any reason without permission from the coaching staff.
- There will be running and conditioning involved during training sessions and practices. Athletes must realize they must be physically fit to compete at the highest levels.
- Coaches will be fostering a competitive atmosphere during practices, athletes must realize practices will be physically and mentally demanding and challenging.
- Relentless Pursuit: athletes must continue to pursue a ball until one of the following items occur: a referee blows a whistle, eminent danger, ball contacts the floor or a teammate calls you off.
- Tardiness to **class** is the same as tardiness to practice and penalties will be enforced.
- Practices will be open to players and coaches only.
- Varsity/JV will warm up and train as a group when possible or otherwise stated by coaching staff
- Sophomore/Freshman will warm up as a group until otherwise stated by coaching staff
- No talking back to coaches.
- Feet your feet are moving, your mouth is moving.
- Call the ball 3x.
- DON'T SPLIT!
- 10 crunches for every missed serve

Athlete Contract

I have read and understood all the team policies and expectations for being a member of the SMNW Volleyball program. I am willing to abide by the regulations and procedures outlined in it. **I also understand that I will not be allowed to participate in a competition until this signed contract is turned into my coach.**

Athlete's Signature

Date