

MSJ Girls Volleyball Program

Team Guidelines

Our club is formed on three principles: **Character, Team First, Process, Hard Work, Competitive Spirit**. Developing strong character must be the foundation of your experience with MSJ Girls Volleyball. Team success takes priority over individual success because we can accomplish so much more together than as individuals. We want to walk away from every practice, game, and tournament, knowing that we gave 100% focus, effort, and heart, win or lose, because that is where the truest victories lie.

Character

1. Be respectful to teammates, coaching staff, parents, and opponents.
2. Demonstrate good sportsmanship at all times.
3. Be considerate and kind to others.
4. Exhibit team oriented behavior.
5. Work hard, even when you don't want to.
6. Trusting the process over the result.

Communication

1. Communicate with coaches primarily through email or phone call (text message emergency)
2. Tell your coach at least 24 hours in advance or earlier if you will be missing practice.
3. Check email daily for team updates.

Practice

1. Arrive 10 minutes before practice to set up nets, volleyball equipment, and dress for practice.
2. Volleyball nets, cart, and balls should be set up before the start of practice
3. Match practice t-shirts, socks, and shorts.

Tournament & Games

1. Arrive no later than 45 minutes before start time to have breakfast, get dressed, and warmup.
2. Match jerseys, socks, and shorts.
3. Be engaged and ready. Know the game plan, where you need to be at all times, and what the opponent is doing. If you're on the bench, be ready to go in at any time, which means you should know where your position is at any time.
4. Be supportive, energetic, and contribute to a positive team atmosphere whether you're playing on the court or on the bench.

Concerns

1. Our goal is to create the best experience possible for players, parents and coaches by communicating our expectations and policies up front, and encouraging open and direct communication.
2. Parents, if you have concerns about your child's experience, please talk to your child first and hear directly from him/her. If it cannot be resolved, then talk with the head coach and player. If it cannot be resolved after that, then we will have a meeting with the program director, coach, player, and parents. If it cannot be resolved after that, then onto the Athletic Director, and then to the Principal.
3. Players, if you have a concern about your experience or with another player, please talk directly with your coach. If it cannot be resolved at that point, then talk with the director, coach, and parent.

Player Name _____

Date _____

Player Signature _____

Parent Name _____

Date _____

Parents Signature _____