

10 GUIDELINES FOR BEING A POSITIVE PLAYER – PARENT

1. Cheer you player on, be supportive of her, console her, but do it without judging her, the coach, officials or teammates.
2. Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
3. Encourage you child to seek her own answers. Coaches respect players who come to them and privately question their playing time or role: it immediately indicates they want more.
4. Understand the rules of the game and the coach’s philosophy. Substituting in volleyball has consequences.
5. Do your physical part as a parent. Get your child to practice on times and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Positions and talent sometimes do not match up. Coaches attempt to do what’s best for the team, putting the best physical mix and best “chemistry” on the floor. That may mean that sometimes your daughter may be playing “out of position” in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.
7. If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence). If you are trying to resolve a problem, help you player by being a role model in the problem solving procedure.
8. Never approach a coach with complaints after a tough game. Wait and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like being confronted after tough games.
9. Please think before criticizing anyone connected with you player’s team. Criticism is contagious and often hurtful. The damage could be irreversible.
10. Visibly show that you enjoy watching your child perform: this will make her feel better about individual participation, no matter what the role is.

-Taken from Junior Olympic Volleyball

TWHS VOLLEYBALL PARENTAL GUIDELINES

1. If your athlete has a concern this is the order in which you should follow:

First- Student and coach have a meeting

Second-Parent and coach have a meeting, only after the first occurs.

Third- Parent and Coach Wade have a meeting.

We will follow this chain of events in order to solve problems. If there is still an issue, you may carry your concerns to the athletic director then principal.

2. We will never have a meeting immediately following a game.
3. Your daughter is expected to make the phone calls if they are going to be absent or late. Do not make the call for them.
4. Parents are not allowed in the gym during practice times.
5. Relax and enjoy your kids' high school years. Support the role that they have, and help them understand how every role is vital to the team. If they see that you are excited about what they are doing, they will be as well.

VOLLEYBALL EXPECTATIONS

By joining TWHS Volleyball Program, you are expected to meet certain expectations. These expectations are a very important part of the program and they must be followed. By choosing not to meet these expectations, you will incur consequences. It is important to remember that being involved in any extra-curricular activity is a privilege!

Athlete Responsibilities:

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
3. No piercings will be allowed during practice or games.

B. In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

C. On Campus, an athlete:

1. Must maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good impression
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. An athlete suspended or placed in ISS will not be permitted to work out with, travel with, or participate with the team. These missed practices will also require makeup.

Missed Practice or Game

You are expected to be at every practice. We realize that some circumstances may occur that will prevent you from attending practice (sick, death in family, etc). These are excused absences and they need to be cleared with a coach before you miss practice. If you are sick, then you need to call, text, or email the coach and leave a message. By not calling, then the absence will be treated as unexcused. If other situations occur, the coach will determine if they are excused or not. If you have an excused absence, then you will still make the practice up with the coach.

It is a privilege to be a part of the program and each athlete depends on the dedication of their teammates to be successful in a team sport. Every athlete is expected to fulfill their commitment to the team by their presence at practices and games.

Consequences:

Unexcused absences can result in loss of playing time, starting position or suspension from play. Excessive absences can result in removal of the team.

Tardiness

You are expected to be at practice on time! That means you should be on the court, dressed, jewelry removed, hair pulled back and ready to go when practice begins.

Consequences for being late:

Extra conditioning and there may be game suspension for repeated offenses.

During team travel, an athlete will:

1. Travel to and from all out-of-town contests with the team. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest (at least 24 hours in advance), and you must give a written release from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus ridership that govern all CISD bus riders.
3. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
4. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
5. Only coaches, players, trainers, team personnel and/or school administrators are allowed to ride the team bus.

Overnight Travel: There may be times when teams will be allowed overnight trips. In these instances the athlete must:

- Abide by the curfew set by the head coach, and turn in cell phones or other electronic devices at curfew.
- Travel to AND from the event with the team
- Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
- Athletes must adhere to the expectations for students in the CISD Student Code of Conduct.
- No alcohol, tobacco, or other drug use (including no electronic cigarettes or inhalants)

Training Room

Procedures When Ill or Injured: Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, see a doctor as soon as possible and inform your Athletic Trainer. An injury that could possibly hamper your ability to participate must be reported to the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, be sure that you bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged. Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice then he/she must report to the Athletic Trainer or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss. Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually

working out or simply observing. Following an injury, the athlete should immediately report it to the Athletic Trainer in attendance. Even minor injuries can become serious; therefore, all injuries should be reported to the Athletic Trainer so that they may be checked and evaluated. When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Treatment periods are before school, after school, or as designated by each campus Athletic Trainer. If an injury should become more serious while the athlete is away from school, the athlete, or his/her parents should call the Athletic Trainer, and/or get in touch with their family physician. When the services of a physician are obtained, the athlete must bring a note with written instructions from the physician describing the athlete's condition, or injury, and recommendation for activity. This may be done by obtaining a form from the Athletic Trainer. If athletes desire to talk to the Athletic Trainer for any reason, they are welcomed and encouraged to do so. A time should be arranged that will not interfere with the work schedule listed above. Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury. All athletes must follow campus athletic training room rules.

*All inhalers must be authorized to personally carry. See the trainers for the proper form.

Disciplinary Procedures

In order for an athlete to be considered in violation, one or more of the following must occur:

Athlete admits to the violation

Parent of the athlete admits to the violation

A CISD staff member witnesses the athlete in violation

A CISD administrator has reason to believe that an athlete has committed an offense

A local agency report or violation is filed

A local agency of the law makes a verbal report of a violation

Evidence such as a photograph or video is presented

Theft

An athlete guilty of theft will be removed from athletics for one calendar year.

Tobacco

*NO SMOKING OR USE OF ANY TOBACCO PRODUCTS, THIS INCLUDES ECIGARETTES. The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 15 hours of monitored community service.
- 3) Extra conditioning or practice as determined by Coach

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 30 hours of monitored community service.
- 3) Extra conditioning or practice as determined by Coach

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended 3 weeks from the program and cannot participate in a game or practice until all community service hours are complete.

3) Extra conditioning or practice as determined by Coach

Note: If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity. If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach.

Alcohol and Illegal Drugs

*NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES

*NO USE OR POSSESSION OF ILLEGAL DRUGS

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation in all competitions for 3 weeks.

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be dismissed from the program with a loss of lettering privileges.

*If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity. If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach.

Locker Rooms

Keep your locker rooms, as well as, the gym clean. Pick up after yourselves and have pride in your school!

Other Expectations

While you are attending a volleyball match, you are expected to be watching the game. Running around the gym or outside the gym will not be tolerated. While you are at a volleyball game, you are expected to sit as a group and support the team that is playing. Freshmen and Junior Varsity teams are expected to stay for the Varsity games.

Cell phones and headphones will not be allowed during games. Cell phones should only be used to call parents. They will not be a distraction!!!!

Athletes are expected to maintain a positive attitude! Poor sportsmanship or attitude will not be accepted. All athletes will show respect to each other, their coaches and officials.

If you have any further questions, please contact the proper coach:

Varsity: Coach Wade tjwade@conroeisd.net

JV: Coach Robertson rrobertson@conroeisd.net

FG: Coach Champion schampion@conroeisd.net

FR: Coach Rascoe rrascoe@conroeisd.net

Please sign and return the Rules Agreement on the following page and return it to the correct coach ASAP.

Rules Agreement

I have read the volleyball expectations, understand them, and will abide by them.

Student signature

Date

I have read the volleyball expectations, understand them, and have discussed them with my child.

Parent signature

Date