

Coach's Expectations

Participation in Mustang Volleyball will be an experience in excellence. We will be working hard and our goal will be to achieve the highest level of performance that our skills allow along with dedication and commitment. Volleyball is a game and games should reflect fun. While we are playing to win, we will work toward this goal with the highest level of character.

Practice Rules

Attendance: Attendance at every practice is highly recommended. School and family are high priorities and it is understood if a practice is missed with a good excuse. It is important that notice of a missed practice be given to the head coach as soon as possible. Please understand however that we are striving for excellence and commitment is part of this. Should your daughter miss practice(s) this may reflect in their play time during a game. A text to the coach is required explaining why your daughter will not be at practice.

Conduct: Your conduct on and off the court is expected to be mature and sportsmanship like. This is a competitive sport and the desire to win will be strong. Kindness and encouragement of each other and the opposing team should always be a part of your conduct despite the other teams behavior.

- You must control your emotions. Absolutely no swearing will be allowed at any time.
- You must have a coachable attitude. The expectation is that you not talk back or show any signs of disgust towards your coaches and team captains.
- Proper attire is required at all practices. This includes: work out shorts or pants, a loose fitting tshirt, tennis shoes and knee pads. No jewelry will be allowed. Attire that is too revealing, by judgement of the Coaching staff, will not be allowed. Headware reflecting religious commitments other than Christianity will not be allowed.
- You are a child of God, a child to your parents, and a student. Do not forget your priorities.
- Please be on time to practice. We will have warmups and it's important to be there for the full practice. Junior High and Varsity need to be at practice 15-20 minutes prior to the start of practice to set up nets and are required to stay 10 minutes after practice to tear down nets and take balls and carts to the car. Laps will be required for each minute that you are late.

Game Conduct:

- Players must play within the rules set forth by TAI AO.
- Keep a positive attitude and hustle at all times, even when the score does not reflect your effort.
- Respect your opponents. No taunting of opponents is allowed.
- Respect the referees. Never question a call or respond in a disrespectful fashion. Any questions will come from the coaching staff only!
- Proper attire is required for all games. This includes: black shorts, team jersey, tennis or volleyball shoes and knee pads. Should you wear spandex please ensure they are a

proper length. All undergarments should be covered. Hair should be pulled back away from your face.

- Show good sportsmanship at all times. A high character goes a long way and is one of the most important traits you will carry with you your entire life.
- Please be on time to games. We arrive 45 minutes prior to game time and we will have warmups. It's important to be there for the full warmup.

Equipment Care:

Uniform: You are responsible to turn your jersey into the Coach Freund at the conclusion of every game. At the conclusion of the season ALL uniform apparel must be returned to BVCHEA.

Before and After Practice: Junior high is responsible for set up and Varsity is responsible for the tear down of net and poles, and/or collection of all volleyball equipment. Junior high and Varsity should arrive atleast 15-20 minutes early for setup and stay 10 minutes after completion of practice for tear down.

Balls: Every girl will be given a ball. She is responsible for bringing that ball to every practice and every game. A consequence will occur should she forget her ball as it is important for a successful practice and warmups for games.

Match Play Rules: As a member of the BVCHEA Mustang Volleyball Team, you will be expected to meet these expectations at all times. Violations of the above expectations will be dealt with by applying the appropriate consequence.

Set suspension: (Unexcused absences, missed practice day before the match, not in uniform 45 minutes prior to match on match day)

Parent and Student Agreement (please initial and/or sign below)

_____ (student ititial) I will strive to be on time to every practice.

_____ (student ititial) I will strive to arrive 45 minutes prior to the start of the game.

_____ (student ititial) I will behave courteously and respectfully to my coaches, teammates, and opposing teams coaches and players.

_____ (student ititial) I am committing to play for BVCHEA Volleyball for the 2020 Season.

We, _____, the parent(s) of _____

have read the guidelines and terms set out in the BVCHEA Volleyball Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above and to encourage our daughter to do the same.

I, _____(student signature), have read the guidelines and terms set out in the BVCHEA Volleyball Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above.

We, _____, the parent(s) of

are committed to getting our daughter to practices and games for the 2020 BVCHEA Mustang Season. We are committed to participating and being involved in the 2020 BVCHEA Mustang Season. We are committed to helping our daughter strive for excellence.

I, _____(student signature), am committed to playing volleyball for the 2020 BVCHEA Mustang Season. I am committed to trying my hardest to be at all practices and games on time. I am also committed to strive for excellence in all areas of my life including volleyball.