Custer County High School Volleyball
Team Rules and Expectations - 2011

Attendance
All players are expected to be at every mandatory practice, including 2-a-days. You have made a commitment to a team of players who depend on you. Attendance is your responsibility; it shows that you are reliable and accountable. Therefore, there are consequences if you miss a practice or game (excused or unexcused). Your playing time will be reduced if you are missing practice. **Players or parents must contact the head coach BEFORE practice begins if they are going to miss practice for ANY reason.** This includes absences from school due to illness. Students who miss more than 1 practice during 2-a-days will not be considered for a Varsity position the first half of the season. Extenuating circumstances may be considered by coaches.

**Excused absences can include:**
- Absent from school due to an illness, doctor’s appointment, death in the family, family emergency, or other life-changing events for immediate family members (ie. wedding)
- Academic field trips

**Unexcused absences include:**
- Vacation, work, other outside sport practices, social activities, and any other absence for which the coach was not notified BEFORE practice that you were going to miss

One unexcused absence will result in you not playing in the next match. After two unexcused absences, the player will be suspended from matches for an entire weekend. If you have three unexcused absences, your involvement in our program will be reviewed by the coaching staff; in most situations, three unexcused absences result in dismissal from the team.

*If you are playing Varsity and will miss any district, regional, or state games (even if it is an “excused absence”), you must notify the coaches as soon as you know about the conflict. You will miss playing time during the matches leading up to playoff games because the team representing Custer County for those games must have time to work together and gel as a team. If you fail to notify the coach at least one month in advance (for known conflicts), you will not letter in volleyball.*

Academics
Eligibility rules state that students who have one F when eligibility is pulled on Wednesdays at 3 p.m. are ineligible Monday to Sunday the following week. **Students who have 2 or more D’s** cannot miss classes for any reason or attend away events. If students must be released early from class to prepare for a home game, students who have 2 or more D’s will not be able to play that match. On Mondays, any students with any grades lower than a C will be required to attend practice for study hall. They are expected to take part in regular practice for the rest of week. Students may be demoted a team if their grades are a concern to coaches, or the player may get less playing time.

**Being on Time**
On regular school days, practice begins at 4:20 p.m. You are late if you are not there for the start of warm-up. We will also end practice on time (6:20 p.m.). We know many of you rely on your rides from parents, and we do not want to keep them waiting. Please ask them to be on time as well. The coaching staff will not go home until all of you have left school grounds. If a player is late to practice, she must do a volleyball sprint for every minute she is late. These sprints will take place AFTER regular practice. **Your playing time will be reduced if you are HABITUALLY late to practice.**

**Matches**
- **All players have a 9:00 p.m. curfew the night before a match!** If players break curfew, they will not play at the next day’s matches. Curfew will be 10:00 p.m. if the bus time for an away match or the start time for a home match on the next day takes place in the afternoon or evening.
- You must be in school a minimum of ½ the school day to participate in a game or practice. You may not practice if you were out of school any part of the day for illness.
- Cell phone activity on bus rides and at our events must be limited to parent phone calls only!

**HOME:** Varsity players need to be dressed in their team uniforms and ready to watch C Team/JV matches. Varsity players may help out with warm-up if wearing team attire, sneakers, and no jewelry. This extra time is to allow you a chance to complete homework and rest. C Team and JV players are only required to stay for the first
2 games of the varsity match unless it is a non-school night, in which case they should stay the entire match. We of course want you to stay for the whole match whenever possible! **Your playing time will be reduced if you do not stay through game 2 of the varsity game to cheer on your team members!**

**AWAY:**
You will be informed in advance of the time you should arrive at CCHS prepared to depart for competition. If an athlete is traveling home with a parent, a note must be given to her coach before leaving the facility. This should only occur in rare situations. Team unity is promoted through traveling with the team. If a student must travel home with someone other than a parent, parents must notify the principal at least the day before the event; the principal will then notify the coach.

**Playing Time and Team Placement**
Coaching decisions of playing time and team placement (C, JV, V) are based on the following criteria: academic eligibility, attendance at practices, ability level, coachability, work ethic, and attitude with other team members & coaches (NOT GRADE LEVEL). Seniors are not guaranteed a Varsity uniform. Players at the C-Team level will not achieve equal playing time until they have met the following four criteria- players must: serve at least 50% of their serves over the net and in bounds using correct serving form, consistently use an approach to hit the ball, pass the ball consistently to the target, and learn the rotation. Players who do not meet the above criteria will only play half of one C-Team game.

**Dress**
For away games, team members will wear nice dress slacks and blouses. Shirts must be dress code appropriate. It is our desire for the team to look professional and respectable. Players will no longer be able to wear dresses/skirts on game days. If a student must wear a skirt for religious reasons, the skirt must be below the knee. Players who do not dress appropriately (in the head coach’s opinion) will be asked to change and will have their playing time reduced. Players who continually push the limits will be suspended from play for one weekend. Best rule of thumb: if you would not wear your outfit to a scholarship interview, don’t wear it for our away games. Make sure you have all of your uniform and equipment! Players may not share equipment with anyone unless you have an “extra pair”. If you are missing any part of your uniform – you will not play!

**Mentors**
Each freshman & sophomore player will be assigned a mentor. Throughout the season, mentors should help younger players by answering questions, sharing bits of wisdom, and encouraging them. Mentees should, in return, try to encourage their mentors. Occasional motivational notes on lockers are also encouraged. Please keep purchases to a minimum and do not give bags of junk food – gifts – candy – etc.

**Nutrition**
It is important for athletes to eat properly. Please make sure to bring healthy snacks for the long bus rides and keep your body well-hydrated. Healthy snacks and plenty of water will give you energy that you need to play. Junk food will only steal your energy and impact your game. There will be no junk food permitted on the bus or at the game or practice site BEFORE WE PLAY! No energy drinks should be used. They have too much caffeine and can seriously impact your immediate health and your play on the court.

**Smoking/Alcohol/Drug Use**
As a member of the CCHS volleyball team, you must hold yourself to a higher standard. If a player is disciplined under the Extracurricular Code of Conduct for any offense (including Guilty by Association), she is expected to continue coming to practices if she wants to stay on the team. **Any player who has 2 offenses impacting our volleyball season will be dismissed from the team.** If you unintentionally walk into a situation where there is smoking, alcohol, and/or drug use, leave immediately and call your coach, explaining the situation to her. The Extracurricular Code of Conduct is enforced from the first day of practices for fall sports until the last day of school.

**Uniforms**
You are responsible for the care of your uniform. It may not be worn anywhere except for games and cannot be worn by anyone other than YOU! Your uniform needs to be returned in good condition at the end of the season. You are financially responsible for any damage or loss of your uniform. For your own safety, kneepads are required. Team socks are also part of our uniform & must be purchased by players for health reasons.
Practice clothes
Players must wear either t-shirts or sleeveless t’s (measuring a minimum of 3” from neckline to shoulder). Spandex with a minimum 3” inseam or shorts that are at least fingertip length should also be worn. If a player’s clothes do not meet these criteria, they will either change or not practice. Practice clothes should be modest! Players who continually push the boundaries will lose playing time. Practice clothes (including kneepads) should be washed regularly.

Injuries
Students who miss 2 consecutive practices due to injury must provide a doctor’s note to the coaches stating the activities in which the athlete can/cannot participate. Although absences due to injury are excused, players may not be eligible to participate in matches if they miss practice, or their playing time will be reduced.

Representing Custer County
As stated in the Extracurricular Code of Conduct, you are representing Custer County High School. At visiting schools, we treat their locker room and school property with respect. That includes cleaning up all trash in locker rooms, bleachers, and school buses. We will not use inappropriate language on the bus, at practice, or at events. Players are required to stay in the gym at all times unless you have permission from your coach to go to the locker room. Any athlete who does not follow these rules is subject to discipline by the coaching staff. We also represent Custer County Volleyball outside of volleyball practices/games. Your actions and words should always reflect pride in your team and your school. This includes negative comments about others on-line (my space, face book, etc.), text messages, and through public emails. Any athlete who does not represent the team and team members in a positive manner is subject to discipline by the coaching staff. Quite simply—if you get in trouble during the season, it will affect your playing time & your participation in this sport.

Parents

- Your most important job is to support and encourage your daughter, her teammates, and her coaches.
- Please be on time when picking up your daughter from practices and games.
- If you need to address concerns with the coaches, please make sure you make arrangements to speak with us at a time convenient for you and us, not during times that we are supervising students. Encourage your daughter to speak with her coaches first.
- Make sure your athlete has carefully read through all volleyball rules. She/they are expected to adhere to these rules from the first day of practice through the Varsity team’s final game.
- Students may not participate in any games unless these rules have been signed.
- You can stay updated on team happenings by checking out the CCHS Volleyball page on Mrs. T’s website: http://mrstillotson.wordpress.com or check out stats and updated results on www.varvee.com

Both the athlete and her parents/guardians must sign these volleyball training rules set forth by the Custer County High School coaching staff.

Let’s have a GREAT season!

Important Contact Numbers (SAVE THESE NUMBERS!) Remember to call BEFORE practice if you will miss practice for ANY reason (including absences from school due to illness)!

Head Coach: Michelle Tillotson 783-4911 (school), 783-0515 (home), 371-6764 (cell)
Junior Varsity Coach: Kelley Petrone
C-Team Coach: Shawn Wise
CCHS Main Office: 783-4928
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By signing this form, I am agreeing to abide by all the rules and expectations of the Custer County Volleyball Program. Any questions I had regarding these rules have been addressed either during the parent meeting or during a private meeting with the head coach.

Athlete’s Name (Printed): ___________________________________________ Date: _____________

Athlete’s signature ________________________________________________

Parent Signature__________________________________________________

Contact information to be kept on file in case of emergency:

Parents/Guardians Names (Printed) __________________________________________

Home Number: ________________________________

Cell Number(s): ___________________________________________________