

# ALTON HIGH VOLLEYBALL

## *Expectations of our practice and competition environment*

### **Player responsibilities prior to practice:**

- Be on time!!!! **#ontimeislate**
- You must wear practice t-shirts. You may wear your own shorts (red, black, gray) but they must be of appropriate length or we will provide practice shorts
- Have the balls out and counted – players are responsible for knowing the number.
- Have the nets set up on all three courts.
- Make sure you have knee pads on, jewelry off, shirts tucked in and no gum.
- Place all your belongings in your locker. No personal items are allowed in the gym.

### **Player responsibilities during a water break:**

- Shag all balls and place them in carts prior to every water break – do not throw them.
- During a water break, there is no sitting or lying down.

### **Player responsibilities during a practice:**

- Be ready to give effort – Be willing to work hard
- Positive, effective communication is a must throughout practice and competition
- Make sure the coaches never run out of balls – shagging means running for balls
- Hand balls to coach or place them in the cart. Do not throw!
- Respond to feedback with eye contact and a positive confirmation to staff and teammates.
- Demonstrate consistency – doing things the same way day to day

### **Player responsibilities after practice:**

- Make sure the balls are counted and put away
- Make sure nets are taken down and put away
- Make sure there is no trash left anywhere in the gym
- Meet on bird for dismissal – no one leaves the gym until dismissed.

### **Player responsibilities on competition days:**

- All players (Freshman, JV, and Varsity) will be dressed for competition prior to loading the bus for away matches.
- On the bus ride to the match there will be no sleeping, goofing off, snap chatting, etc.. You will be allowed to listen to music via headphones as long as it allows you to focus on the upcoming match. The bus ride is the time to get mentally prepared for competition.
- Home matches:
  - o All players will set up the gym
  - o All players will be dressed for competition by 3:45
  - o Freshman/JV will meet in your respective location by 3:45 to meet with your coach. You will be on the court by 4:00 to begin warming up.
  - o Varsity will assist with JV warm ups. After 1st set of the JV match, all players will go out into the back hallway and begin warming up and stretching as a team. We will meet in the classroom when I come out prior to taking the court.
  - o All players will clean up after varsity match and report to the classroom before leaving.