PLAYING TIME

Playing time is a sensitive subject on any high-level volleyball team. We want you to be clear about our expectations and how we make our decisions.

1. You must learn to play one of the following roles:
   a. Stud
   b. Winner
   c. Stabilizer
2. You must display strong interpersonal skills.
   a. Be an energy producer.
   b. Resolve conflicts.
   c. Be a giver, not a taker.
3. You have to develop a strong skill base.
4. You must display a commitment to team guidelines.
5. You must display a competitive attitude during practices and in competition.
6. You must display a commitment to strength training, conditioning, nutrition, and solid sleep and rest habits.
7. You will also be evaluated according to several "intangibles" such as you ability to inspire others, your ability to play well during critical moments in a match, your ability to be a "player" and so forth.

Clarifications:
- If you are not on the court during a match, do not assume that you know our reasons for playing-time decisions. Many factors come into play, such as limited substitutions, preferred matchups, or the quality of your practice performance leading up to the match. If you want clarification regarding your playing time status, select a time apart from practice or competition and talk to us about our decisions.
- We will attempt, whenever possible, to provide playing time for every athlete on the roster. But these opportunities cannot be guaranteed. And when they do or do not occur, our perception of when they occur may not coincide with your perception.
- Understand that above all, playing-time decisions are motivated by our obligation to produce a team that will defeat our opponent (especially at the Varsity level). We will always put the players on the floor who we think have the best chance to win.
- It is likely that at some point you will disagree with our decisions. This is to be expected at this level of competition. Your job is to control your emotions and contribute to team chemistry.
- Respect the process!