

Matoaca High Boys Volleyball Team Rules and Expectations

As a new/or returning member of the Matoaca volleyball team, you will be expected to know and follow the team's rules. Along with working hard to meet its expectations, being part of any team requires some sacrifices to become a strong individual player and a strong member of a team. Dedication and hard work is required by those involved in order to have a successful season and a strong volleyball program.

(ALL RULES ARE IN EFFECT FROM THE FIRST PRACTICE THROUGH THE FINAL GAME OF THE SEASON)

Coach:

- Head Coach -
- Assistant Coach -

Physical Forms, concussion, HCA and sportsmanship forms:

- Athletes may not practice or participate with the team until all four forms are completed and turned into either the coach or athletic director.

Policies and Rules:

- **Practice and Game requirements**
 - Athletes must participate in at least 7 practices before the 1st game to be considered to play in the first match.
 - Cell phones, gum, jewelry, are not allowed on the court during practices or games. Cell phones are prohibited during practice as well as in the stands while watching JV or Varsity matches.
 - Proper athletic apparel will be worn at every practice. Forgotten clothes will be looked upon as an **unexcused absence**.
 - Breaks will be taken as a team and only as a team.
 - Practice will begin promptly at 3:15 (during regular school days) ending at 5:15. Equipment will be set up prior to start time and will be taken down before end time. All players will help set up and take down of equipment with limits on returning seniors (They have earned this privilege)
 - JV will set up for home games and Varsity will clean up after last match of home games. Prior to speaking to fans and parents.
 - Players are expected to stay and support the teams they are not on. All players will sit together.
 - JV and Varsity players will be expected to help score matches.
 - Practices will be open to players and coaches only. No other students, non volleyball athletes, or parents will be allowed in the gym. Please understand, the coaches have gone through background checks and 10 hours of training to assure your athletes the best care and coaching.
- **Playing Time:**
 - Playing time during a match is the ultimate reward for any athlete. However, it can often be a sensitive topic when an athlete or parent does not understand or agree with the amount of playing time an athlete receives.
 - An athlete can request a meeting with their coach to discuss playing time
 - An athlete's playing time will not be discussed with other players
 - An athlete's playing time will only be discussed with their parents/guardians with athlete present

- Playing time is a complex mix of an athlete's personal strengths and limitations (physical, emotional, mental and social), skill level, attitude, attendance, work ethic, team's positional needs, player tendencies, opponents' tendencies, strategies, long and short term goals, team cohesiveness, player roles and finally the need to follow the rules of the game. Ultimately, it comes down to "what is in the best interest of the team"
 - A coach does not take the decision of playing time lightly. Much thought and planning goes into the decision making process.
 - Volleyball is a competitive sport. As an athlete, you expect to compete against other schools but often times overlook that you compete against your own teammates throughout the season to earn playing time.
 - Maintaining passing grades is required for athletes to participate in practice and games for varsity players. Maintaining Cs or higher is required for JV players to participate in practice and games. Coaches will send out a grade check mid season.
- **24 Hour Rule:**
 - Matoaca High volleyball has a rule in place to avoid conflicts between parents/guardians and coaches.
 - You are required to wait 24 hours before or after a game before approaching a coach
 - Coaches have many duties to perform before and after a game
 - Approaching a coach to discuss a sensitive topic before or immediately after a game is inappropriate
 - If after 24 hours you wish to visit with the coach, you may then contact up to set up a meeting.. (as mentioned above, your athlete must be present)
- **Appearance:**
 - All athletes will dress as a team on every game day. The athlete will be dressed as their team members all day at school.
- **Excused Absences:**
 - Excused absences include only those which are absolutely necessary and are cleared by the coach **BEFORE** the game or practice is missed. If an athlete is sick the day of practice or game, the coach needs to be contacted, text is best. If a practice before a game is missed, playing time will be decided by the coach depending upon what was missed during practice.
 - Do not assume your excuse is acceptable. Always check in advance.
 - School sponsored activities are excused, but do hold the same consequences, if it is the practice before a game.
 - Starting the first day of practice 8/8/2019, all routine doctor, dentist, hair appointments, etc need to be taken care of outside of volleyball practice times. Necessary medical appointments are an exception.
- **Unexcused Absences:**
 - If the coaches do not know before the practice or game and are not told **specifically by the athlete or parent themselves**, it is unexcused. Unnecessary reasons for absence will also be looked at as unexcused. Unexcused absences include forgotten clothes, excessive excused absences, excessive tardiness or leaving early from practice and/or games.
 - 1st time: unexcused absence (warning) Tardy (take down equipment and laps)
 - 2nd time: unexcused absence (sit out next match) Tardy (take down equipment and laps)

- 3rd time: unexcused absence (sit out next two matches/ meet with parent) Tardy (take down equipment and laps)
 - 4th time: Unexcused absence (possible removal from the team) Tardy (take down equipment and laps)
- ***Athletes who have to sit out matches are still expected to dress in uniform and sit with the team at the game, both on the bench and supporting other teams
- *** 3 tardies = 1 unexcused absence

- **Injured Players:**

- Injured players need to report to practice and get treatment and watch practice as much as possible. If they do not attend practice and are capable it will be considered unexcused

- **Equipment:**

- Athletes are responsible for each piece of equipment checked out to them. Missing or damaged equipment will result in a charge for that item. Uniforms are expected to be turned in by the deadline set by the coach at the end of the season.

- **Locker Room and Gym Floors:**

- The team is responsible for keeping the locker room clean at all times, home and away. Extra conditioning for the entire team will result if this is not done.
- The team is responsible for wiping the gym floors prior to practice and leaving the gym free of equipment, bags, and trash after practice. Extra conditioning for the entire team will result if this is not done.

- **Sleep:**

- Sleep is necessary for top performance. You owe it to yourself and your team!
- Get a good night's sleep before a game.
- A tired, dragging player will lose play time

- **Away Games:**

- Make sure you have all of the necessary parts to your uniform before we leave. Always bring all jerseys
- **All athletes must arrive 10-15 min before the bus leaves. We will leave exactly on time and will not wait!!**
- All athletes are expected to act appropriately on the bus and at other schools. If you can not act appropriately you will not be allowed to go to away games.
- After all matches are finished, there will be a bus going back to Matoaca. All athletes are expected to ride the bus home. We will need a note if your athlete is riding home with parents.
- Students are **not allowed to drive themselves to away games per school policy**. If a student has notified me in advance of an extenuating circumstances that may cause them to not be able to ride the bus to an away game, they may be able to meet us at the game if and only if
 - You have contacted the coach in advance and personally
 - Your PARENT/GUARDIAN can give you a ride to the game
 - You are able to ride the bus home with the team
 - Your reason has been approved by the coach

- **Conduct:**
 - You are expected to follow CCPS and MAHS rules
 - This includes avoiding the use of alcohol, tobacco, vape and illegal drugs.
 - Avoid situations that put you and your eligibility at risk
 - NO unsportsmanlike conduct by parents or athletes toward MaHS players, opposing teams, coaches or officials will be tolerated at anytime. Action of this kind will be dealt with by coaches and administration
 - Athletes are expected to give 100% at all times.
 - If you are suspended from school you may not practice or participate in games that day.
 - If you are in ISD for the day, you may not participate in practice or a game that day.

- **Classroom Behavior:**
 - Classroom behavior should be exemplary. You are a student first and an athlete second.
 - Teachers often come to coaches before parents to deal with in class behavior issues including but not limited to excessive tardiness, missing assignments, disrespectful attitudes, and skipping. Consequences for athletes with teacher complaints may range from extra conditioning, benched for a game to possible dismissal from the team. Parents will be notified if the coach gets repeated reports of concern from teachers.

- **Concessions**
 - Concessions are run by volunteers and are necessary to make money to help pay for equipment, uniforms, referees, grounds maintenance etc. Each team is required to provide coverage for concessions throughout our off season. A sign up genius will be sent out with the dates Boys volleyball are scheduled to work. All players or families are required to sign up for a time slot. Players may work concessions as long as there is an adult present the entire time. Last year, I chaperoned the seniors at one of the final games in the spring and we had an awesome time!

I am excited to begin the season. Parent support is so important and I look forward to seeing you at the matches.

Please help us in reinforcing the responsibility of the players. They are part of a group text, where they are told the when, why, where, what to wear etc. We encourage the players to reach out to the team captain if they are unsure about any game or practice information, They are encouraged to reach out to the coach if they have other questions, concerns or need to inform us of absences. However, if you have a question please feel free to contact the coach. We will be happy to help in anyway and will get back within 24hrs. Coach Tonya Tunnell will also be available to athletes on campus throughout the day. (not during class)

Tonya Tunnell
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Wilson Tunnell
wiltfutbol@gmail.com

Follow us on twitter @MatoacaVBall

Matoaca Athletic page Matoacawarriors.com

Instagram matoaca_volleyball (please forward pictures to tonya_tunnell@ccpsnet.net)

Please return this portion signed to the coach by 8/9/2019.

I have read and understood the team rules and expectations.

Student _____
(Student name printed)

Parent _____
(Parent name printed)

Student _____
(Student signature)

Parent _____
(Parent signature)