

## SV Girl's Volleyball Rules and Guidelines 2016

1. Practices will be Monday, Wednesday, Friday from 3-5 and Tuesday and Thursday from 5-7.
2. Practices are mandatory. Excused practices include academics or certain other SV commitments, injuries, and illness. Missing practice or a match for work is unacceptable. Missing practice for an unexcused reason the day before a match could possibly forfeit a starting position or a chance to play.
3. In order to play you must stay academically eligible. Players failing two or more classes are ineligible for that week. If ineligible, the player must attend the homework session each day then report to practice. In addition to the school's policy, if you are declared ineligible two separate times during the season, you will put court playtime in jeopardy.
4. Players that get out of school suspension during the season will be dismissed from the team for the remainder of the season.
5. Players showing disrespect to coaches and fellow teammates or bullying or hazing other players at anytime may be dismissed from the team.
6. All players will be responsible for setting up and tearing down the equipment at practices and home matches. If an equal distribution of the work is not consistent, the coaching staff will make an assignment sheet.
7. The school will provide transportation to and from matches. Your arrival time for away matches should be prior to the bus departure time scheduled. The bus will depart at the scheduled departure time. I expect every team member to ride the bus to and from the match, unless approved in advance. Exceptions will only be made in emergency.
8. All players are expected to arrive 1 hour before the start of the JV match for home matches. Varsity players must line judge during the JV match and JV players must stay for line judging responsibilities during the varsity match. All JV players are expected to stay and watch the varsity match. Players are also expected to sit as a group during home or away matches.
9. We recommend a good pair of volleyball shoes or court/cross training shoes for practices and matches. Proper athletic shoes should provide the support needed for the game of volleyball.
10. All players will go through tryouts. Tryouts will take place the first three days of scheduled season practice.
11. The head coach will make the final decision on Varsity playing time.
12. If players have questions about their playing time they are to ask Coach Lash to see what they need to work on in order to improve and get more playing time. This should be done during or after practice not during or after a match.
13. If parents have questions about their daughters playing time, they are to contact me by phone. Coaches will not discuss playing time with parents immediately after a match. I ask that parents wait at least twenty-four hours after a match to contact me with questions or concerns.
14. Concussions are a growing problem in sports. Please talk to your child and stress the importance of reporting any blows to the head to the coaching staff or trainer.
15. If you must be seen by the trainer please report to the coaching staff when and why you are going.
16. Help at camps for players 9-11 – June (usually first full week after school is out)
17. In addition to these rules and guidelines, the SV Student Athletic Activity Code will be enforced.

Head Girl's Volleyball Coach - Carl Lash 610.926.3863 home  
Assistant Coach – Mark Lash, Don Kummerer

484.955.7150 cell