

### Cell phone Policy:

Cell phones are NOT allowed during practice or to be seen once inside the competition venue. Athletes can have them on the bus, prior to arriving at the venue, after school prior to practice, and in case they have an emergency that the coaches are made aware of.

1. 1<sup>st</sup> violation will result in that athlete's phone being banned from usage.
2. 2<sup>nd</sup> violation will result in set suspension and parent notification.
3. 3<sup>rd</sup> violation will result in dismissal from the program.

### Harassment and Bullying (Fighting, including online)

Any athlete who is suspected and been found to engage, encourage or partake in the harassment and fighting of others, to include those outside of the program, will meet with the Head Coach and Athletic Director and maybe subject to dismissal from the program.

These behaviors will NOT be tolerated! If an athlete suspects that someone is the victim of harassment and/or bullying they are highly encouraged to report it immediately. We have an open-door policy meant to keep all our athletes and students in a safe environment and we can only do this with the help of players that value their teammates.

### Team Standards

Dependability	Determination
Integrity	Dedication
Teamwork	Responsibility
Positive Attitude	Focus
Be on Time	Respectful

### Grades:

You are a student first and an athlete second. You are going to be held to high expectations in the classroom. Make sure you are completing all assignments. If you have any classroom issues, please ask and get help. Coaches will be in contact with teachers to ensure satisfactory grades and behavior. Skipping class or leaving campus without *parental and administrative* approval will result in a 1game suspension for first offense and removal from team for any subsequential offenses.

### **Behavior:**

Positive behavior is expected to be demonstrated at all times. If a player decides to not follow school rules and/or team expectations, the punishment will be at the coaches discretion. Inappropriate behavior away from school, *including weekends* is subject to disciplinary actions and possible removal from the team. Also, being disrespectful to *any* adult will not be tolerated. Any violations of these rules will result in a 1 game suspension for the first offense and removal from team for any subsequent offenses.

### **Home Matches:**

Players will be required to help set up and clean up the gym. Players are required to help with scorekeeping, line judging, ball rolling, stats, and *support each team* until **ALL** matches are completed. C/JV Athletes will be asked to assist in Varsity warmups and will stand on the sidelines during the Pledge of Allegiance and the starting lineups. During the Varsity Matches ALL C/JV Team Members; unless prior permission was granted will sit as a team and support the Varsity Volleyball Team. Once the match has ended, players will be responsible for letting coaches know that they are leaving with their parents.

### **Away Matches:**

Athletes are required to ride the bus that the school district provides to and from the events. In rare cases, if a parent needs to take an athlete from an event the parent must submit in writing no later than 24 hours prior to the event a note to the Head Coach. Please understand that we do know that emergencies do happen, communication with the Head Coach early is going to be best. During an event or after an event is not the time to ask if your athlete can leave.

For matches that transportation is one-way, we will need prior written authorization on who your athlete will be able to ride home with.

### **Diet and Hydration:**

Players are ***STRONGLY ENCOURAGED*** to drink water and eat a healthy diet. An athlete's diet is crucial to their performance. Athletes need water, carbohydrates, proteins, and "***GOOD***" fats to help prepare for competition and replenish what is lost during competition. ***ABSOLUTELY NO ARTIFICIAL SUGARS*** are allowed before practice or games. Natural sugars are acceptable. Did you know? Muscles are 80% water. It is **SO IMPORTANT to stay HYDRATED before, during, and after competition. If an athlete is dehydrated, energy level and muscle strength are affected.**

### **Practice:**

- WIAA requires all athletes to have 10 practices prior to competing
- Players are required to attend all practices and be ready in uniform to begin practice at the designated time.
- Uniform will consist of matching scots volleyball t-shirt (captains will choose prior to week: if you are not in uniform; it is counted as if you missed practice), spandex, knee pads
- If you are injured and or sick you are required to attend practice. (Unless you missed school for the day then you will need to contact your coach to let them know )
- Players late to practice will be given extra conditioning. Excessive tardies may result in loss of playing time and/suspension from game(s). If a player misses practice, the player must notify the coach **VERBALLY** prior to practice. Players must practice the day before a game to be allowed to play in the next match.

### **Parents:**

**Playing time and coaching decisions will not be discussed.**

**Team matters will NOT be discussed after a match, practice, or in front of the players.**

If there is a question in regards to playing time, the rule is parents must attend 3 consecutive practices and on the 4<sup>th</sup> practice if there are questions we can meet then to discuss.

Thank you so much for your time and support of Scots Volleyball.