

Volleyball Policies and Rules of Conduct

This must be returned to Coach Sanders or Coach Martin by July 2

It is our policy to teach ladies who are not only talented, but who also reflect positively on the team and the school as a whole. In this statement we include grades, class conduct, school sponsored events, and overall behavior on and off of the court. You are part of a TEAM and as such, your conduct is a reflection on your teammates, your coaches, and this school. Although having a winning team is our ultimate goal, we will not keep players who cannot comply with our rules (regardless of the short-term consequences). There are NO exceptions to this policy. Our coaching staff makes the final decisions in relationship to conduct and discipline.

If a volleyball player is found in violation of these rules, then infraction points will be assigned. If a player has any accumulated points, they will not be eligible to play in any matches until those points have been worked off.

Rules and Infraction Points

1. All Arlington Community School Policies will be followed and are included in this list of policies and rules.
2. Be on time!!!!!!!!!!!!!!!!!!!!!! This means to practices, games, tournaments, and classes.

Unexcused Tardy = 2 Points

Excused Tardy = 1 Point

3. Maintain your grades! We expect all girls to be working towards a **B average** in their classes. Players needing tutoring should do this around practice and game times. If this cannot be done, tutoring times should be cleared through your teams' head coach before missing a practice.

Players are responsible for printing off their grades from PowerSchool and turning them in on the 1st and 15th of each month.

Grades: Ds = 2 Points Fs = 3 Points	Conduct: Ns = 2 Points Us = 3 Points
--	---

4. All contact and communication with coaches should be face to face unless there is an emergency. If unable to do so, contact for absences, for tardies, for policies, etc should be made via text or email.

Unexcused Absences = 3 Points

Excused Absences = 2 Points

5. You will not miss a practice or a match unless previously approved by the Coach.
6. Practice shirts will be worn to ALL practices and Volleyball events.

No Practice Shirt = 3 Points

7. If you miss school the day of a game (unless previously approved by the Coach), you will not play. School attendance throughout the year is something we keep tabs on.
8. You must be at a practice and/or a game to play in the following game.
9. All missed practices, games, etc. will be made up before athlete can play in the next match. Standard make up work is determined by the head coach of your daughter's team.
10. Please communicate with the head coach of your daughter's team.
11. The players, not their parents, must relay all information about players to the coaching staff. If a parent wishes to be present for discussions between the coach and player, they may.
12. No parent or player may approach a coach concerning conflicts about a match or practice within 24 hours of that particular match or practice. If the conflict occurs during a tournament, the conflict may not be addressed until 24 hours after the tournament is completed. The coaching staff WILL NOT discuss playing time with a parent.
13. Players are NOT guaranteed playing time. Players are guaranteed great coaching and quality practice time.
14. Parents are NOT allowed to participate in practice.
15. Parents, friends, etc. are not allowed on the court or at the bench during a match unless they are assisting in calling lines or keeping score. In addition, parents and friends are not allowed near or on the bench before the match during pre game activities.
16. Our coaching staff does not need, nor do we require your assistance in coaching. Please do not give in to the urge to give us your input.
17. The coaching staff is responsible for players while on any away game or tournament. Therefore, the players are in the coaches' care and under the coaches' authority during this time.
18. Cell phones should be turned off during practices, matches, and tournaments.

Cell Phone violations = 2 Points

19. No jewelry will be worn during practices, matches, or tournaments and no gum will be chewed while on the court.
Jewelry/gum violations = 2 Points
20. No profane comments or language on or off the court.
Foul language = 1 Point
21. If a player is crying for any reason, it is impossible for them to play volleyball.
22. All players will treat all other players and staff with complete respect on and off of the court. We include in this, negative communication in the stands from parents or other players during a match, tournament, or practice.
23. Players should conduct themselves respectfully toward all Arlington High School Faculty, Staff, and Students. This includes maintaining an **appropriate and respectful image** during time on and off the court, online forums, while wearing Arlington attire, or at Arlington events. **This includes social media. Points for violating this will be dependent upon the severity of the situation.**
ISS = 3 Points per day, OSS = 5 Points per day
24. No volleyball FACEBOOK page. Any online discourse about volleyball that is found to be negative will result in dismissal.
25. Volleyball functions, camps, etc. are mandatory. If your family has plans that conflict, please make sure that your child has alternative transport to the volleyball activity.
26. All parents should contribute positively to the Arlington Volleyball program. If parent behavior is deemed detrimental to the team or to the program, coaches reserve the right to remove that parent's child from the team. This includes before, during, and after matches. This also includes conversations between parents and players, online communication, etc.
27. Parents will be required to make sure that their players have rides to all events, to assist in responsibilities pertaining to matches and tournaments, and to assist in fundraisers. It takes everyone doing a little to make sure that the season runs smoothly and efficiently.
28. Coaches reserve the right to add to rules and policies as we see benefits the program as a whole.

If you receive 10 Points in the regular season, you are subject to probation and/or dismissal from the program, subject to the severity of infractions and the discretion of the coaching staff.

I understand the rules listed above and the parameters of this behavior contract and agree that I can follow the above rules and parameters. I understand that if I break any of the above, I will be removed from the team.

Player Name (print)	Signature of Player	Date
----------------------------	----------------------------	-------------

Parent Name (print)	Signature of Parent	Date
----------------------------	----------------------------	-------------