

OLY VOLLEYBALL

Commitment and Expectation Sheet

Dear Player/Parent,

The intent of this commitment and expectation sheet is for OLY volleyball players, parents, and coaches to come to some pre-established agreements prior to committing to the volleyball program for the upcoming season.

Volleyball is a unique sport that comes with some additional sacrifices in comparison to other sports. Due to the nature of the game there is not as many positions, and therefore not as much playing time for those that choose to participate. There will be a great deal of time, energy and money committed to participating in the program.

With all that said, the coaching staff has prepared the following outline of expectations, and provided a space for your signature, and commitment, at the end of this form. This form should be read closely prior to making a commitment to playing volleyball at SHS, as once it is signed and returned to the coaching staff, the staff will expect the player to fulfill her commitment in full.

Academics

Academics is a cornerstone of our volleyball program, as we believe a good student makes a good volleyball player. With that in mind, volleyball players are expected to maintain a 'C' grade or higher in all their courses. Those that do not meet school academic eligibility standards will still be allowed to play (in the event their grade falls below a 'C'). All students are required to attend a study hall on practice days no matter their grades.

OLY volleyball players are also expected to be responsible students, and manage their time well so that their academic needs do not interfere with their commitment to the volleyball program. Simply, this means that school is important, and so is volleyball, and the time committed to each should not be sacrificed for the other. They need to manage their time if they choose to commit to the SHS volleyball program.

Citizenship/Sportsmanship

OLY volleyball players are expected to exude positive citizenship/sportsmanship traits at all times. Whether in the community, at school, or on the court, our players are expected to role model strong character traits that exemplify the core values of our volleyball program. Those values include respect, honor, integrity, class, compassion, and work ethic. Those traits also include conformity to school and classroom rules for conduct and attendance, as well as local laws.

Our volleyball players are to conduct themselves with class on and off the court. Positive sportsmanship is an expectation, as is exemplary classroom participation and behavior in the hallways of our school. We expect our players to understand and accept their role in our society. We expect our actions to bring respect and credit to the school, community, team, family and individual. Ejections are not allowed in our program and players/parents should understand that all fines and fees associated with a player ejection will be paid for by the athlete and/or their family.

Substance Abuse

The OLY volleyball program frowns heavily on the use of illegal substances by its members. The programs policy is consistent with the school's code of conduct policy, but players should be aware that the coaching staff views the use of illegal substances as a show of disrespect for that player's position on the team. Players should be prepared for consequences at the team level in the event they choose to conduct themselves in such a manner.

Attendance

It is impossible to build a volleyball team if players are inconsistently at practice. Therefore, players throughout the program are expected to be in attendance, prepared, and on time, for all team functions. Absences will only be excused if the player notifies the coach prior to the absence, and if the absence is for justifiable reasons. Justifiable reasons include any time the player is absent from school for illness or a family

emergency, or for a reason previously approved by the coach at that level. This will greatly help us in our practice planning. Unexcused absences will not be tolerated, and will be looked upon by the coaching staff as a show of disrespect for that player's position on the team. Players should prepare themselves for consequences at the team level in the event they choose to skip practice. All student-athletes are required to attend all classes daily in order to participate, per school district policy. Unexcused absences from school will result in the athletes inability to participate and will affect the athletes role on the team.

Communication

Players are encouraged to express concerns or questions they have to the coach in their charge, as proactively as possible. If players feel the need to visit with their coach, they should make an appointment to visit with their coach before or after practice. If the player feels the concern they have is still unresolved, they are encouraged to see Coach Olsen. At this point, if the player feels that the issue is unresolved, we encourage parents to contact their daughter's supervising coach or Coach Olsen directly, and make an appointment to address the concern. Please, no meetings on game days or emails regarding concerns. Concerns deserve a face to face conversation with all affected parties present.

Commitment

Players and parents should understand, prior to accepting a spot in the volleyball program, that a year round commitment to volleyball is expected by all participants in the program. We encourage and support student-athletes to play more than one sport, but members of the volleyball program are expected to attend skill sessions and/or open gyms in the winters and springs, as well as participating in our summer practices at the conclusion of the school year. This commitment will ensure the player development that is needed for us to continue a high profile volleyball program here at SHS.

Summer practices will last from after Memorial Day weekend through the end of June. It is vital that each player do her best to fund raise, attend, and participate in open gyms and camps during the off-season if at all possible.

By signing below the player and parents accept the player's possible position in the volleyball program, and commit themselves to the above expectations for the 2018-2019 volleyball season.

Players Signature

Parent Signature

Date

Questions???

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