



Rules and Expectations
Satsuma High School
Volleyball Program

No one likes rules, but since this is an organized activity among a variety of individuals with different goals, rules are necessary. Instead of creating a long list of rules, which reads like a government contract, our rules have been kept to a minimum. The intent is to create a small set of definite rules combined with a set of expectations and suggestions, which can be viewed as defining a platform of operations. The coaches, parents, and players are expected to operate within these guidelines. The rules are here for a purpose ~ they help us work within the scope of our goals. When you sign-up to participate in this program, you are in fact, agreeing to abide by these rules, even if you may not agree with them.

Rules for Players

1. Attendance is Mandatory

This issue is responsible for creating a tremendous amount of controversy, distractions, and hard feelings. Players are late, leave early, or miss practice entirely for a variety of reasons – some real and some not-so-real. The coaches are not going to be put into the position of trying to figure out what is important and what is not. It is a no-win situation for the coach and the team. So, it is simple: the coach will operate according to the attendance policy that has built into it a reasonable amount of flexibility to accommodate the needs of our players. But the bottom line is, if players are not at practice as planned, players will see less time on the court. The amount of lost playing time is at the discretion of the coach.

2. Food and Beverages

Players are encouraged to eat healthy. Sugar, empty carbs, and processed foods are not conducive to optimum athletic performance. We will drink water during matches and tournaments.

3. Respect, Responsibility, and Loyalty

Players are expected to be polite, respectful, and always exhibit good sportsmanship toward all individuals. This goes beyond the team and the court and into the athletic program and the school. Anything that will cause disharmony, distraction, or ill-feelings among players should be avoided. If a situation arises between teammates, players should talk in private with the coach. Issues and disagreements will not be allowed on the playing floor at practice or during match play. We are a team, and we will act as such. If such a situation is found to exist, the player(s) will see less playing time on the court. The amount of time lost is at the discretion of the coach.

4. Satsuma City Schools Policy

Players must read and adhere to the rules set forth by Satsuma City Schools while involved in all school activities, both on and off the school campus. Players represent each other and Satsuma City Schools.

5. Discipline

Players must be self-disciplined on and off the court. This expectation extends from the campus at SHS to other destinations while traveling as representatives of Satsuma City Schools. Any player who receives disciplinary action while at school will also receive disciplinary action from the coach. Players who spend time in in-school suspension, Saturday School, or similar settings will forfeit playing time. Players who are suspended outside the school setting may be subject to expulsion from the team.

Rules for Parents

1. The Coach is Coaching the Players

Most of the team-specific rules, goals, and game plans are matters that exist between the coach and the players. It is the responsibility (a big part of what we are trying to teach) of the players to tell the parents what they need to know. If a player is going to be late, leave early, or miss practice, it is the responsibility of the player to tell the coach – even if it is uncomfortable for the athlete. Of course, there are always extenuating circumstances and parents are encouraged to talk with the coach, but at least leave the impression with your child that they are responsible for communicating bad news to their coach.

2. Approaching Pre-Game, Game, or Post-Game Activities

Parents and spectators may not interfere with players, coaches, fans, or officials during pre- game, game, or post-game activities and should not approach the team huddle or bench at any time. Encourage your player from the stands and let the coaches do their jobs. Always be supportive of other players and offer encouragement to your own player. Many times, a player will be harder on herself than anyone else. Let the coach handle the players. If we are unfortunate to incur such an incident, the varsity coach and the athletic director will jointly address it.

3. The Proper Procedure for Handling Controversial or Emotional Issues

All issues must be initially directed to your athlete's coach. If you are still unhappy, or have concerns, direct your concerns to the varsity coach or the athletic director. Please remember that the coach makes mistakes just like the players and you will only create more problems if you confront the coach during the heat of the battle. Handle any emotionally charged incident by appointment as if you were scheduling a teacher's conference.

Do not confront

In anger
Before a game
After a game
Late night phone call

Do

Keep comments constructive
Focus on *your* player's role
Be open to the coach's point of view
Work toward a plan for improvement

4. Respect, Responsibility, and Loyalty

Parents and family members are expected to be polite, respectful, and always exhibit good sportsmanship toward all individuals. Anything that will cause disharmony, distractions, or ill-feelings should be avoided. Do not embarrass any player.

5. Satsuma City Schools Policy

Parents must read, follow, and support the rules and intentions set forth in the Satsuma City Schools Policy.

Rules for Coaches

1. Do No Harm

Work on increasing the player's belief about their capabilities to exercise control over events that affect their lives. Increasing a person's sense of self-efficacy about an activity does lead to higher performance.

Encourage your players to try harder with increased effort when confronted with obstacles. Abandon strategies that aren't working. Stick to the task longer before giving up. Set and adjust goals appropriately. Encourage more commitment toward achieving goals.

2. Put Players on Teams and Positions Where They Will Succeed

Do not put a player in the position where they are guaranteed to fail, even if the players and parents disagree. Be aware, this issue occurs frequently when placing players on teams, selecting starters, and assigning players to specific positions.

3. Lead by Example

Educate the players about your team goals, the program goals, and the goals of the athletic department. Be always a positive role model. Remember, some things are better left unsaid. Show your players how to respect one another by respecting them individually. Praise loudly, discipline softly.

4. You are Responsible

The coach is responsible for the day-to-day operations of the team. In this capacity, you must support the "competitive program" concept according to the rules and guidelines set forth by the athletic department. The coach must enforce the player and parent rules, even if it costs the team a victory.

Strategies for Social Media Use

Social media has become an amazing tool that can make a coach's job easier. However, communicating through this technology causes complicated issues for which there are no existing guidelines. Schools at every level are implementing proactive policies and asking students to follow some specific guidelines.

The current Satsuma Volleyball Program Policy contains the following:

1. Coaches may not contact a student-athlete through personal email accounts, by personal text messaging, or placing phone calls to a student-athlete's personal number without parent's permission. Contact may be made through the athlete's school email address or by calling parents and/or guardians.
2. Coaches may not send or accept Facebook friend requests from any student-athlete.

In addition to these, the volleyball program recommends these Do's and Don'ts:

DO....

- Set your security settings so that only your friends can see your account.
- Understand that whom you list as friends or followers is a reflection on you.
- Think before you post, tweet, or retweet – Will this be a positive reflection or reinforcement?
- Be familiar with the school's and athletic department's social media policy and the consequences for violating it.
- Ask questions if you aren't sure what you are doing is ok.

DON'T....

- Accept friends or follower requests if you aren't sure where they are coming from.
- Put anything on social media that you wouldn't want your family, future employer, or those reading the front page of the paper to see.
- Post offensive language, personal attacks, or racial comments.
- Post when you are emotional. You are more likely to say things you will regret.
- Post or tweet anything during class.
- Publicize any information about your team, the Athletic Department, or Satsuma City Schools that is not considered public knowledge.

Our volleyball policy regarding cell phone usage is as follows.

- Cell phones are not allowed on team benches, on overnight tournament trips (other than to call parents once the team arrives), or during practices.
- Cell phones must be turned off or stored inside a player's backpack, bag, or purse while in the locker room where players dress for practice or competition.

