

SANTA FE VOLLEYBALL HANDBOOK

Participation in athletics is more than competition between two individuals or two teams representing different high schools. It teaches fair play, sportsmanship, understanding, and appreciation of teamwork. It also teaches that quitting means failure, while hard work means success. With these goals in mind, this handbook is set up for the use of all members, because the conduct of an athlete is closely observed in many ways.

PHILOSOPHY

In the area of athletic competition, an athlete does not use profanity or any illegal tactics. She learns the fact that winning and losing are a part of the game, and that she should be modest in victory and gracious in defeat. She is always courteous to congratulate the opponent on a well-played game after a contest. Athletes strive for self-control by avoiding the displaying of anger, maintaining focus, and remaining effective even when the outcome is not what is expected.

Officials in a game are there for the purpose of insuring that both teams will receive a fair match. Officials do not lose the game for either team. It is an athletic tradition and a rule that no one except the appointed captains, with a tone of respect for the purpose of clarifying the rule, will talk to the officials.

****PLEASE NOTE THAT THE STUDENT ATHLETE WILL FOLLOW THE CODE OF CONDUCT OF THE SCHOOL AT ALL TIMES. THE FOLLOWING RULES ARE IN ADDITION AND MUST BE FOLLOWED BY THE ATHLETES.***

SOCIAL MEDIA

Please understand that when you post something on social media everyone can see it, including your coaches. Coaches will be actively monitoring all social media accounts for the student athlete in the program. If there is anything posted on the student athlete's social media account that is inappropriate (i.e. bullying, cursing, alcohol or drug related), the following consequences will be enforced:

- 1st offense – Player/coach meeting with consequence assigned
- 2nd offense – Player/parent/coach/coordinator meeting with suspension from game(s)
- 3rd offense – Suspension for the season-
(if at the end of season player will be put on probation for the next season)

***Note: If a player is caught using multiple accounts a coach discretion consequence will be assigned.**

PHONES

Players are NOT allowed to have their phones on the bus or during any game for any reason. Players will be allowed to call their parents once we are 15 minutes out from the school on away games.

PRACTICE, BENCH, AND COURT CONDUCT

Each player is required to wear practice shirts, shorts/spandex, volleyball shoes and kneepads. No jewelry, gum, or candy is allowed during practices or matches. Take care of all equipment and uniforms; treat it like it is your own! Be early for practice; **remember if you are on time you are late!** If a player must be late for any reason the player will contact the coach themselves. Homework, projects, and tests are not an acceptable excuse to miss practice or a game.

1. Points will be deducted from the daily grade when an athlete is out of dress code.
2. During games, all players will sit in the bleachers with their team.
3. All players will ride the bus to and from all games.
4. All players will stay until all games are over and their work duties have been completed.
5. If a player must leave a game due to an uncontrollable circumstance, the parent will provide a letter at least 3 days in advance as it must be approved by administration.
6. From the time that you leave the locker room to warm up until the last point and buzzer, stay focused with all attention to the game.
7. Respect your coaches, teammates and the officials.
8. Be a good sportsman AT ALL TIMES.
9. Support your teammates with POSITIVE reinforcement.
10. Anger and frustration should be used in a positive manner and used to fuel your fire on the court.

*In the event that an athlete does not make the team she is trying out for or is removed from the team for discipline reasons, she will be placed into the off-season program of the next available sport. The athlete will remain in the off-season program until the counselors are able to make a schedule change.

ABSENCES – ALL MISSED PRACTICES AND GAMES MUST BE MADE UP BEFORE YOU ARE ALLOWED TO PLAY IN THE NEXT GAME.

Absences have a negative effect on classroom performance as well as athletic performance. Lady Indians are expected to be student-athletes. Due to eligibility rules, each athlete must maintain their grades and this is non-negotiable. If you are unable to attend for all or part of the day, there are certain procedures to follow.

Absent- full day: Player must contact their coach to let them know why they will be missing school. Only in an absolute emergency should the parent contact the coach.

Absent- partial day: If an athlete is at school and must leave, she is to sign out in the office. Player must notify her coach that she will be leaving. **DO NOT** rely on a friend to get this important message to a coach.

Absent-day before a game: Player will not start the game but will be allowed to play.

Practice time should not be missed. If a player must miss practice, she will notify the coach before practice starts that she will miss. If the player returns to the next practice with or without a doctor's note, she will be required to make up the time missed with a special workout.

In the event of a longer illness, exceptions may be made. If an athlete is able to attend workout, even in limited capacity, she is not considered "absent". The coach and/or the athletic trainer on duty reserves the right to send a player home, even if she wishes to remain.

TARDIES

Players are allowed 1 tardy per 9 weeks. 2+ tardies during the same 9 weeks will result in a consequence to be determined by the coaches.

ISS

If a player receives an In-School Suspension the following consequences will be applied:

1st offense – Player/coach meeting with consequence assigned

2nd offense – Player/parent/coach/coordinator meeting with suspension from game(s)

3rd offense – Suspension for the season-

(if at the end of season player will be put on probation for the next season)

Parent Expectations

Support **ALL** athletes and coaches

Assist with a variety of team functions

Stay involved with your athlete's school and athletic performance

Display a positive attitude at matches

24 Hour Rule

Parents and athletes will NOT approach coaching staff before, during, or after a game.

You must wait 24 hours before contacting the coaches to allow for a cooling off period. Please be aware of the chain of command for any issues regarding concerns:

1. Player to coach
2. Player, parent to coach
3. Player, parent, coach, girl's coordinator

If issues are not resolved after #3, the AD will become involved.

****Please note that playing time and other players will not be discussed. If the player has a concern with playing time, she will need to conference with the coach regarding where she needs to improve and what she can do to improve.**

Drinking, smoking, drugs, any form of discrimination and fighting will NOT be tolerated in this program!

SANTA FE VOLLEYBALL

I acknowledge that I have read and will adhere to the guidelines set forth in the *Volleyball Handbook*.

Athlete Signature

Date

Parent Signature

Date