



Montgomery Central High School Athletics

Coaches' Checklist for Parent Meetings

- ☐ **Introduction of Coaches and any Admins present, including AD**
- ☐ **Eligibility Requirements:**
 - ☐ MCS Drug Policy and Random Drug testing (#4325 and #4326)
 - ☐ Academics
 - ☐ Attendance
 - ☐ Behavior – include explanation that OSS for fighting during season will result in removal from team; OSS for any other misbehavior during season will result in 2-game suspension (including practices)
- ☐ **Practice Schedule and Expectations**
 - ☐ Attendance
 - ☐ Clean-up before and after practice
- ☐ **Athletic Contests Expectations**
 - ☐ Attendance
 - ☐ Clean-up before and after practice
- ☐ **General Team Rules for Before, During, and After practices and contests**

If multiple teams for a sport, where does each sit when not playing?
- ☐ **Game/Contest Policies**
- ☐ **Team Travel to and from games**
- ☐ **Spectator Rules (includes parents)**
 - ☐ Behavior/Attitudes at games
 - ☐ Accessing the playing surface – explain violation of this rule will result in being banned from attendance at games for the remainder of the season.

Montgomery Central High School



Volleyball Team Expectations 2023-24



- **Be on time for practice and games.**
Practices will begin promptly at 3:00. Ride home must be here when practice is over. (If this becomes a pattern, you will be dismissed.)
- **Hustle to EVERY drill & all water breaks**
- **Talk Volleyball** – anytime on the court
- **Work ethic** – always give 100% of yourself.
“You play like you practice!”
- **Listen to your coaches & be respectful of their expertise.**
Player positions will be determined by the needs of the team and assigned by the coaching staff.

TEAM RULES

- Cell phones are **NOT** to be used during practices or games
- **Take pride in the gym!**
 - JV players will be responsible for setting up the net before each practice.
 - Varsity players will be responsible for taking the net down and making sure that all equipment is put away.
 - Every ball that is found after practice will equal 5 laps at the next practice.
- **Disrespectful attitudes will NOT be tolerated** toward anyone and will be dealt with by the coaches on an individual basis.
- **No jewelry** worn at games or at practice.
- Always remember **you are representing the Montgomery Central Volleyball Team**, whether you're at school, on or off the court, or in the community!
- ISS on game day will result in a **one-game suspension**
- **OSS for fighting or for violation of Board Policy #4325 (Drugs) during season (once tryouts have begun) will result in removal from team.**
- **MCS Drug Policy #4325 (Drugs and Alcohol) and #4326 (Random Drug Testing)**

GAME POLICIES

- **ONLY** team members will sit on the benches.
- Players will be **engaged** in the game.
- Players will **encourage** one another.
- We will be **humble in victory** and **gracious in defeat**.
- Varsity Girls will work JV games.

- JV Girls will work Varsity game

ATTENDANCE

- Don't send word by anyone that you're going to miss practice or a game!
 - Contact Coach Panzer/Blair **directly** if you're going to be absent for any reason.
- Absences will be dealt with by the coaching staff.

TEAM TRAVEL

- Student athletes are **expected to travel with their team** to all away contests.
- **Written permission** is required for players to leave a contest with another adult. (No player is allowed to leave with another student or boyfriend/girlfriend.)
- **ALWAYS** sign out with your coach before leaving.

COACHING STAFF IS AVAILABLE TO DISCUSS...

- Player evaluation and give recommendations for improvement.
- Parental input regarding injured players' return to practice/games.

COACHING STAFF IS NOT AVAILABLE TO DISCUSS...

- Player rotation
- Playing time
- Other players or other players' discipline
- Strategy or tactics

If a parent or player is upset with any situation resulting from an occurrence during practice or games, **please wait 24 hours** before contacting the coaches using the contact options listed below and/or setup an appointment with the administration and coaches. Do **NOT** approach any member of the coaching staff immediately following a practice or game.

SPECTATOR RULES

- Any spectator who accesses the playing surface during an athletic event will be banned from attending games for the remainder of the season.

Head Coach Stefanie Panzer
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910-556-5500

Assistant Coaches: John Paul Callicutt

Player Signature

Parent Signature

AD Signature

Principal Signature