

ANTELOPE HIGH SCHOOL

GIRLS VOLLEYBALL INFORMATION

All athletes **MUST** complete athletic clearance before participating in any summer session or tryout. All summer activities are optional.

SUMMER SESSIONS START JUNE 11TH

SKILLS & DRILLS – LARGE GYM

WEDNESDAYS 6PM–8PM

JUNE 11, 18, 25 & JULY 16, 23, 30

WEIGHTS & CONDITIONING – WEIGHT ROOM

FRIDAYS 10AM–12PM

JUNE 13, 20, 27 & JULY 18, 25

CIF MANDATORY DEAD PERIOD JULY 1–14

8 WEEK SUMMER WORKOUT PROGRAM WILL BE AVAILABLE THE FIRST WEEK OF JUNE

EMAIL COACH CONN IF YOU'RE INTERESTED

TRYOUTS WILL START AUGUST 4TH

MEET IN THE LARGE GYM FROM 5–7PM

ALL ATHLETES INTERESTED SHOULD REVIEW THE TEAM
EXPECTATIONS BEFORE TRYOUTS

CONTACT COACH CONN VIA EMAIL WITH ANY QUESTIONS
(CLOCKETT@RJUHSD.US)

Visit the athletics page at antelope.rjuhsd.us for athletic clearance information



Antelope High School

Girls Volleyball

Program Wide Expectations



School/Academic Expectations:

- Maintain a 2.0 GPA or higher at all times.
- If you are absent at school, you are unable to participate in athletic activities that day and must communicate with your coach.
- Get to class on time and lead by example with your behavior and work ethic.
- Follow school and classroom rules and respect staff members and classmates.
- Seek academic help when needed and utilize Titan 28 to get work done.
- Maintain clean language, say please and thank you, hold open doors, make eye contact.
- Dress up for spirit days and actively participate in rallies.
- Support other teams and groups on campus by regularly attending games, performances, etc.

Practice Expectations:

- 10-15 minutes early is on time. Nets should be set up and ready to go before practice time and all players should be dressed and ready.
- Every single player is expected to help with equipment set up, tear down and clean up. Players consistently not helping with set up or tear down will result in loss of playing time.
- Communicate with your coach directly if you are going to be late, absent, or need to leave early. Repeated failure to communicate can result in dismissal from the program.
- Phones are away during the ENTIRE practice, including water breaks and clean up. Parents will have coaches' contact information in case of emergency. Repeated phone usage during practice will result in loss of playing time.
- Competition is healthy and expected, but never mock or put your teammates down. Encourage each other. Have each other's backs and hold each other accountable.
- No one leaves practice until your coach has dismissed the entire team.

Game Expectations:

- All players arrive 45 minutes before game time** (if you are not working the previous game).
- Uniforms should be on before warm ups begin.
- Player gets subbed out, we high five them as they come back to the bench.
- Players on the bench should be ready to enter the game at all times. Set substitutes/rotating players are expected to sub at their correct time without being reminded.
- Enthusiastically support your teammates regardless of the circumstances of the game.
- Maintain positive body language.
- Keep your focus on the court, on your team, and on your coaches.
- Absolutely no phones or personal items such as backpacks in the bench area.
- Respect the other team and the officials every game.
- Make eye contact and verbally acknowledge every player and coach on the other team in post game line regardless of the outcome of the game.
- Bench must be left cleaner than when we found it (ex: pick up all bottles).
- All players are expected to work home games throughout the season (Varsity works the Frosh games, Frosh works JV and JV works Varsity) - a sign up schedule will be made and communicated to players at the beginning of the season. Players are expected to work their assigned games, or find coverage from a teammate if needed. You MUST communicate with your coach if a teammate is covering for you.
- As often as possible, we encourage players to stay or arrive early to support the other levels. However, all players present for other levels games are expected to be in the gym, actively watching the game and cheering on the team. Players should never be just hanging out in the foyer during games.

**30 minutes before game time for Frosh away games.