

BROOKWOOD HIGH SCHOOL VOLLEYBALL EXPECTATIONS

PLAYER EXPECTATIONS

PRACTICES

Volleyball is a team sport that is very reliant upon timing, making practices extremely important. Even teams with high-level players can struggle if they are not united in their play. Hence, practices are dependent on each member of the team being present. Because of this, we have a strict practice policy.

- If you miss practice, you don't play in the next game.
- The only exceptions to these rules are:
 - If you miss practice due to being sick with something contagious, it is excused.
 - If you miss practice due to a wedding or a funeral of an immediate family member, you will not start, but you can play in the game.
 - There may be other cases that need to be dealt with on a case by case basis. Strive to always communicate with your coach directly, not sending word through a teammate. .
- Doctor/dental appointments need to be scheduled outside practice time and are not excused absences.
- Players must wear coordinating practice attire. Practice uniforms are plain black spandex with alternating practice shirts. We want to unite as one team, so do not wear any items representing any club or outside group during volleyball time.
- To minimize injury risks all jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin, including bracelets, commemorative bracelets and body jewelry. No taping over jewelry is permitted.
- College recruiting visits need to be communicated with Coach Vigardt before they are scheduled if it will take place in season, or if you will need to miss an event due to the recruiting visit.

TARDY/LATE

Being on time to volleyball practice is crucial for building team cohesion and ensuring everyone is prepared. Being late/tardy can disrupt drills, lower team morale, and signal a lack of commitment.

- The entire team will run for every tardy. If being late to practice occurs on a consistent basis, removal from the team may be considered.
- If you are late to practice without an academic note, you will sit one set for every 10 minutes late.
- You should strive to be 10 minutes early for all volleyball arrival times.

ACADEMICS

Being a student athlete is a big commitment that requires excellent time management, prioritization, and avoidance of procrastination. You must maintain a 2.0 GPA and have no failing grades to be eligible to play.

- If you are struggling in a class, please talk to your coach so a plan can be put in place to help you. If you need to miss practice for an academic reason, the same playing time rules will apply, special accommodations will be considered on a case by case basis

- Coaches expect players to successfully manage their academic and athletic responsibilities and seek the help of teachers and coaches when needed.
- It is the athlete's responsibility to get homework and schoolwork completed ahead of time when they know they will be missing class.

PLAYING TIME

Being on the team does not entitle nor guarantee any athlete playing time.

- On Varsity, we will play the best lineup to help us win. Playing time must be earned, which includes but is not limited to, hard work and consistent effort in practice and games, skill development, a team-first mentality, and positive attitude. It is not given based on seniority or past participation.
- The JV and 9th grade team will allow for more development, but there is still no entitlement for playing time by being on the team.
- Playing time can be discussed by the player to Coach, which fosters personal responsibility, accountability, and growth.
- Playing time will not be discussed with parents.

MATCHES

- Players are to sit with the team during matches.
- Athletes are not allowed to leave campus after school before the match starts. They need to be in the place assigned by Coach. If they are not in that place, they need to arrange that ahead of time with the Coach.
- Every player will ride on the bus to and from all matches and tournaments.
- Properly prepare for practices and matches with good nutrition, hydration, sleep and focus.

BEHAVIOR/RESPONSIBILITY - ALL SCHOOL RULES AND EXPECTATIONS APPLY

Brookwood volleyball expects players to be respectful, positive, and hardworking. In short, one player is not bigger than the program. Be a good teammate. Be kind. Be respectful. Treat everyone as you would like to be treated.

- Players will show respect to other players and coaches, including those on their team and on other teams
- If a coach gives a player direction or feedback, the answer is always "yes coach" or "I don't understand". Don't make excuses, strive to make positive changes.
- Players should represent their team, include everyone, always look presentable (follow the school dress code) and use clean language on and off the court.
- Avoid drama: Respect each other as individuals working towards the same goal. Drama and negative peer interactions can create dissension on the team. The expectation is to promote positive relationships and engage cooperatively and positively with all teammates and coaches regardless of feelings. If an issue arises, the player should talk to the coach or the team captain before the situation escalates. Think before you react, speak, and act.
- The following behaviors are considered disrespectful and damaging to the team and may lead to 1. a verbal warning by the coaching staff, 2. a meeting with the coach, 3. removal from practice or next playing time and a meeting with parent, 4. suspension from the team. Note, any serious violation or continued misconduct of team/school expectations may result in immediate suspension or removal from the team at the discretion of the coaching staff and administration.
 - Gossiping and/or speaking negatively about teammates behind their backs
 - Bullying, such as calling a teammate a vulgar name, making fun of someone,

- intimidation, or making threats of any kind
- Public displays of aggressive or hostile behavior
- Rolling eyes, mocking or dismissive body language
- Refusing to communicate with teammates or coach/es
- Blaming others instead of taking personal responsibility
- Inappropriate behavior & failure to honor personal boundaries
- The use of tobacco and or vaping will lead to 1 game suspension
- The use of alcohol will lead to 2 game suspension.
- The use of drugs will lead to dismissal from the team.
- If a player has I.S.S. and misses practice, the player will miss that day's game or the next game date.
- If a player has O.S.S. they will have a minimum of a 2 game date suspension once the suspension has been served. Team dismissal may result.
- Players are responsible for all clothing given to them for volleyball. If anything is lost, you are responsible to pay to replace that item. Take special care of uniforms, they are difficult to replace.
 - Uniform includes: Two (2) 9th/JV Jerseys, three (3) Varsity Jerseys *approximately \$90/jersey. Player backpack *approximately \$90. These items must be returned at the end of the season, cleaned and in good condition. Note: Wash jerseys in cold water, line/air dry.

SOCIAL MEDIA/CELL PHONES

Cell phones and social media can distract athletes from staying present and engaged, making it harder to focus on team goals, personal development, and in-the-moment performance during practices and games.

- Cell phones should be turned off and inside bags or locked in lockers during practice and games.
- There are no phones allowed during team bonding activities, including pre-game meals. May be allowed based on coaches discretion.
- Be very careful in what you post, "like" or do on social media. You are always representing Brookwood Volleyball in all that you do. School rules do apply. If something is posted from your social media account, you are responsible.
- Out of respect for you and your teammates, no film/video/pictures in the locker room at any time.

CAPTAIN EXPECTATIONS

A team captain plays a crucial role by leading through example, fostering strong communication, modeling dedication, encouragement, sportsmanship, and helping hold teammates accountable to team standards and goals. One team captain is selected by the team, and the second is selected by the coach. A third captain may be selected if necessary.

- Lead by example. Be the hardest worker. Be early.
- Make every single person on the team feel respected, needed, and important.
- Hold your teammates accountable and have high expectations for behavior and work ethic at practice and games.
- Be a mentor to teammates at school and help teammates work through problems, issues and/or frustrations.
- Always speak positively about the coaches, managers as well as your teammates.
- Floor captain needs to communicate with officials and ask tough questions respectfully.

MANAGER EXPECTATIONS

- Be a positive addition to practice, help where asked. Do not be a distraction in any way, or take away from the focus of practice.
- Go over schedule and tell the coach when you are available. If an emergency arises, give as much advance notice as possible. Be on time for all your committed dates/responsibilities.
- Promote BHS volleyball at school and speak positively about all players, coaches, managers and the program.
- Wear BHS Volleyball attire at all matches.
- No phones at practices or during matches.
- Be prepared to help set up and break down equipment, take stats during practices and games, assist with communication to athletes, communicate with athletic trainers, maintain and organize a clean bench, etc.

PARENT EXPECTATIONS

Team health and support extends beyond the athletes to include their families, as parents play a vital role in supporting their child's growth and contributing to the overall success and positive culture of the program. This includes, but is not limited to:

- Pay booster club fees on time to support our organization and the provision of opportunities for athletes.
- Parent volunteering is essential to the volleyball program's success, as it helps provide the support, resources, and organization needed to run events and team activities effectively. **Volunteering to sign up is expected for all parents/families.** The roles range from organizing or donating a pre-game meal, line judging, libero tracking, score keeping during games, recording matches, helping organize and facilitate the Aloha Bash, etc.
 - Note: If we do not have anyone to perform these tasks, we may have to eliminate or forego opportunities which may directly impact the athlete/s and program.
 - If a team does not provide line judges, scorekeepers, and libero trackers, at every match the team may be forced to forfeit the match per GHSA.
 - Please arrive 15 minutes prior to game time when it is your turn to volunteer.
- Please follow through with your commitments.
- If an emergency arises, communicate with other parents and trade responsibilities as far ahead of time as possible.
- Model appropriate respect and kindness to athletes, parents, coaches, and other programs. This includes:
 - Encouraging your child to work hard and be respectful of coaches and teammates
 - Speak positively of coaches, teammates, and program at home
 - Cheer for all members of the team
 - Working to support and get along with other parents on the team and coaches
 - Do not coach your child from the sideline. Players should not be looking at you during games, timeouts, etc.
- Any parent who verbally confronts, bullies, or intimidates a coach will face immediate consequences, which may include removal from team events, a mandatory meeting with administration, and potential restriction from future program involvement.
- Please allow and encourage your player to communicate with the coach as much as possible. Any missed practices, games, special considerations should be communicated through the player to the coach first. Then follow up from the parent if necessary.
- If there is an issue with playing time, this needs to be addressed by the athlete to the coach. Playing time is not discussed with parents but will be discussed with players on an individual basis.
- If a parent needs to talk with a coach, please email and set up an appointment.
 - Note, parents are expected to follow the 24-hour rule, waiting at least 24 hours after a match before initiating any non-emergency conversations with the coach to allow for calm, respectful, and constructive communication.

I have read and agree to the Player and Parent Expectations as outlined in the packet. I understand that I am part of a team and agree to support the team through hard work, kindness, supporting my teammates, and treating others with respect. I will keep the packet to refer to during the season. I will exhibit discipline and self-control in order to follow these expectations. I understand that school rules do apply and my choices may directly affect playing time and participation with the team.

Athlete Name Printed

Athlete Name Signed

Parent Name Printed

Parent Name Signed

DATE: _____

