

Volleyball Player Guidelines

The Golden Rule that we operate under is this:

Conduct yourself at all times in a manner that brings credit to yourself, your teammates, the volleyball program, the HMS athletic program, and your school.

How can you do that?

1. Practice

- Practice is **Mandatory!** This is a team sport and when you miss, you hurt your team.
- There is a team calendar on the HBMS Athletic website. You will be notified as soon as possible if practice or game times change.
- If you miss practice, you should:
 - Call & Email BEFORE you miss & let your coach know. 512-570-3400 ext 13441
 - Excused: Doctors note or a school function
 - Unexcused: Parent note; can lose playing time
- Injured players need a note to sit out of activity. You can go to the high school trainer at 8 am for treatment. When injured, you still attend all team functions.
- Parent note – Max 2 days of no activity
- Doctor note – until released by the same physician
 - Be early for practice. You should be on the court ready to go **10 minutes before practice starts.**
 - Leave the locker room with your uniform & shoes on and hair up. NO JEWELRY!
 - You must practice hard to be able to compete in games. You must be “coachable” – accept comments & make corrections to your skills.
 - In practice, we run everywhere, hustle when shagging, do not let balls hit the floor, take breaks together, support or teammates, listen when a coach is talking, and call “mine” every time we touch a ball.

2. Games

- If you miss a game, we need at least a 24 hour notice (if possible)
- All players must be at school by 12:00pm on a game day to be able to compete that day.
- Starters are selected according to strengths in serving, attacking, blocking, setting, passing, digging, teamness, and mental qualities. Your ability, attitude, and how you adjust to our concepts of play, along with conduct; will determine your role on the team. You must be a positive influence to the team.
- Your focus should be on the game. Players should not be looking at the bleachers, their parents, or fans in the stands during the match.
- Players on the bench should be: watching the team so that they can give information to their teammates & so that they are prepared to go into the match. You should also be cheering on your teammates. Pay attention! Be prepared.

3. Discipline

- Every player will follow the campus code of conduct, dress code, drug policy & HMS Athletic Department rules
- No player should be in ISS at any time. You will have a consequence if you are assigned ISS at any time throughout the season.
- We are examples for the entire school. If you wish to play volleyball, you must accept our guidelines. We respect our teachers even when we disagree with them. We are on time for every class.
- Alcohol or drug use is not permitted. The use of either will cause immediate suspension of a player.

4. Transportation

- All players will ride to and from matches on the assigned bus.
- All players will sit together at home & away matches.
- Players are expected to arrive at time instructed by the coach & **stay until the end of the last match.**
- When we ride the bus, we act like we are in a Volkswagen, no yelling, spraying perfume, loud music, hairspray, standing, or walking around.

- Any trash will be cleaned up when we return to school. The bus will be left better than we found it.

5. Parental Involvement

- Players are expected to build their personal responsibility. Therefore, we have two guidelines to help them achieve this:
 1. Players who have questions or wish to talk about their status must come in to talk to the coach before the coach and parents meet.
 2. Parents must call and arrange a time for a conference. Coaches will not have discussion before, during, or after a match. Every effort will be made to meet with parents in a timely manner. The coach's office number is 512-570-3400 ext 13441.
- We ask for positive encouragement for all players from all parents. Just like in life, players are learning to deal with success and sometimes failure, disappointment and excitement, being disciplined and corrected, being a member of a team, showing honor, integrity and responsibility. With these they will have growth as an individual and as a group.

6. Grades

- All players are responsible for their grades and classroom behavior. If you have trouble in a class, talk to the teacher and your coach.
- Any grade under 70 at the end of a 6 week period will cause a player to become ineligible. The player may regain eligibility at every 3 week grade check.
- Our goal is to have EVERY PLAYER ELIGIBLE EVERY GRADING PERIOD.

7. Playing Time

- Playing time is a sensitive subject on any team. I want to be clear about my expectations and how we make decisions.
 1. You must deal with your role on the team. You are compared to others in your position. The coaching staff must decide on who is doing the best overall job in that position to contribute to the team.
 2. You must be a positive influence on the team.
 3. You must work hard in practice at all times.
 4. You must display a commitment to team guidelines and training.
 5. You must display a competitive attitude in practice and in competition.
 6. You will be evaluated by "**intangibles**", such as your ability to inspire others, your ability to play well under pressure, your ability to play all parts of the game, your ability to be a good teammate, and so forth.
- If you are not on the court during a match, do not decide that you can read the coaches mind as to why. Many factors may be happening that contribute, such as limited substitutions, match-ups, or the quality of your practice performance leading up to the match. If you want clarification, select a time apart from the match to talk to your coach.
- We attempt to provide some playing time for every player at some time during the season. These opportunities are not guaranteed and can change based on the opponent and what happens in a match.
- Understand that above all, playing time decisions are motivated by our obligations to produce a team that will defeat our opponent. The coaches will always put the players on the court who they believe have the best chance to win.
- It is likely that at some point you will disagree with the coaches' decision. This is to be expected in sports. Your job is to control your emotions and contribute to the team chemistry.