

### \*\*\*\* FOSSIL RIDGE PANTHER VOLLEYBALL PLAYER EXPECTATIONS\*\*\*\*

- ❖ Display absolute respect for teammates, officials, coaches and opponents at all times, no exceptions; on the court and off- this applies to social media outlets.
- ❖ Be on time to practice, team meetings, athletic period, departure for games, see trainer prior to meeting times
- ❖ Wear the correct attire for practice- workout shirt of the day, socks, black shorts, ankle braces(if you wear them), knee pads (required), volleyball shoes, hair pulled ALL the way back, stud earrings allowed (no facial piercings), fingernails should not interfere with training or play.
- ❖ Practice will be intense every day: hustle on the hardwood, continuous talk, praise your teammates, no leaning or sitting, discussions are on topic, leave your troubles and stresses in the locker room, give 110% every day.
- ❖ Any missed practice must be made up- excused or unexcused, missed volleyball is missed volleyball.
  - If you know that you will miss a practice or at length, a game, make your coach aware at least a week in advance. This applies to weddings, graduations, and conflicting school activities. Please do not take vacations during the season.
  - We practice on several days that we are not in school,(ie-a Monday and during Fall break) you'll know the practice schedule ahead of time. Please plan ahead for these practice dates. Missing them will result in loss of playing time.
- ❖ Everyone will help set up and take down the gym for practice. No one retreats to the locker room or starts to take off shoes/kneepads until all equipment is put up.
- ❖ Conflict that may arise during the season needs to follow the chain of command to reach a resolution  
Any issue that skips any of these levels will not be acknowledged:
  - **Player/player, Player/coach, Player/head coach, Parent/coach, Parent/head coach, Parent/head coach/coordinator/AD**
- ❖ Parents are asked not to coach from the sideline. This sends mixed signals to the players, causes a distraction to the player as well as the team and may very well negate progress and work they have put in during the week in preparation for the game. We ask that you let the coaches coach the teams.
- ❖ There will be zero tolerance of the use of alcohol or drugs, or the derogatory use of social media that would reflect negatively on all parties concerned. We will follow school policy on punishment as well as any additional punishment deemed necessary by the coaching staff.
- ❖ Any team building/program building/fundraising experience that is offered to us, we will welcome together- team meals, scoutings, outings, middle school night, freshmen Frenzy, carwash or other activities.
- ❖ Cell phones will not be allowed during team time (practice, games, travel, team building, tournaments)
- ❖ After your 9<sup>th</sup> grade season, you must participate in off-season or be in season with another school sport for the duration of the school year to be eligible to try-out for the team.
- ❖ We will represent Fossil Ridge High School well at all times- whether it is an away game or at home.
  - No boxer shorts, pajama pants, house shoes, risqué clothing or crazy accessories
- ❖ Do not wear your spandex outside of a gym setting – “cover short” it up!
- ❖ Be a model student-athlete by following all school and classroom rules/expectations and setting a good example for their peers. If we receive an email, note, or visit from a teacher about a student's behavior, a consequence will be automatic.

\*\*\* A violation of any of these rules will be dealt with immediately. Discipline is the key to a successful season in any organization. Please read, understand and respect all of the rules above. Sign below and turn in at the end of the parent meeting on August 7th, 2025. These expectations are in place year round for Ridge Volleyball. A signature is not needed for these expectations to be followed.\*\*\*

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*Athlete Name*

*Athlete Signature*

*Parent Signature*

*Date*