



Team Expectations

From your coaches, you can expect:

- **Support.** We will support you in your goals and challenges throughout the season.
- **Positivity.** We will do everything we can to make this a fun and positive experience.
- **High expectations.** We will challenge you to help you become your best.

As a team, we can expect:

- **Timeliness.** Be on time for all practices, team events, and competitions.
- **Preparedness.** Have all necessary equipment for practices and competitions.
- **Respect.** Respect yourself, your teammates, your coaches, and opposing teams.
- **Responsibility.**
 - Adhere to the student/athlete code of conduct.
 - Represent your team and school in a positive manner at all times.
 - Help with team duties (lane lines, meet set-up, etc.).
 - Clean up after yourself (water bottles after practice, locker room, etc.).
- **Consistent effort.**
 - Work hard every set, every day.
 - Push yourself every set, every day.
 - Be the guy you want as a teammate.
- **Support.**
 - Encourage each other at practice through words and action.
 - Cheer for one another during meets.
- **Commitment.** Show your dedication to the team every set, every practice, every day.
- **Positivity.** Do your best to leave the drama at the door. Here, work hard, play hard