

## “Top Ten”

### Ranger Volleyball 2019

1. Follow all MSHSL, coach, and school rules. \*No alcohol, tobacco, drugs, e-cigs-if at party- LEAVE! \*Can't be in other VB practices, minimum 2.0 gpa, attend all classes daily. Work to excel in all aspects of your life!
2. Be a good sport to all opponents, officials, teammates, and fans-respect all!
3. Put TEAM goals ahead of personal goals. Play role well with a positive attitude. There is a 24 hour cooling off period if necessary. 1<sup>st</sup> meeting Player/Coach. 2<sup>nd</sup> – Add parent. 3<sup>rd</sup> – Add Lakes Director
4. Be a role model- before, during, and after school...always!
5. Have pride in yourself, your team and coaches, your school, and all facilities.
6. No cell phones allowed in the gyms. Also, be careful with social media!!
7. Work harder than the competition both in and out of season...  
Outwork Everyone      Be Disciplined      Good Team  
Chemistry/Be Loyal!      Good Listener      Be Positive  
Cover the floor with passion!  
Concentrate on the Journey- don't just focus on the Destination!!
8. Be on time and prepared for practices, meetings, and matches. Be fully engaged- that means you help set up and tear down nets etc. as well. Even if you are injured you are expected at all events. Contact YOUR coach if you will be late or absent.
9. Accept the results, learn from mistakes, focus on goals, and never give up!
10. Be positive about your teammates, coaches, parents, and fans! We are on your side!! Accept your role and bring positive energy, enthusiasm and communication to the gym- strive for excellence!

Name: \_\_\_\_\_

Signature: \_\_\_\_\_