

James. E. Taylor High School

TOGETHER



BELIEVE

WE

Volleyball Handbook

Mustang Pride!

Servant Leadership, Unity, Integrity & Hard Work

Taylor Mustang Volleyball Handbook

Purpose: The purpose of the Mustang Volleyball Handbook is to share important beliefs, expectations, and details about the volleyball program. We hope you take time to read through this handbook so you will better understand our philosophies and expectations of all the players and parents in the volleyball program. If you cannot find what you are looking for, or if you need further clarification, please contact us. We aim to create a "family atmosphere" within our program. We hope that players and parents always feel a part of the "Mustang Volleyball Family" for years to come.

Coaches

Head Coach: Louise Crite

JV- Jennifer Slater

9A- Jenny Moote

9B- Twyla Shannon

Taylor Mustang Volleyball



Player Expectations

“Don’t Be Afraid to BE Great “

Program's Philosophies

Program's Core Value

- Servant Leadership- Serve others first. Focus is on the growth/well-being of teammates and the program to help others develop and perform to their highest potential.
- Unity- Practice **Togetherness** as a team and a program.
- Integrity- To be honest, and follow your moral or ethical conviction. Doing the right thing in all circumstances, even if no one is watching you.
- Hard Work- Work Hard every day to be the best version of yourself. Do not be lackadaisical, push yourself and give your maximum effort to your teammates and coaches.

As a program, our goal is to create student-athletes who believe in serving others, who practice teamwork and sisterhood, have good character off and on the court, and work hard to be the best they can be on and off the court.

To be successful, the four P's of excellence should be incorporated into your preparation for the upcoming season.

The four P's are:

Patience: Understand that being your personal best take time. Work on achieving your goals. Set realistic expectations for yourself. Believe that success is a learning process and is the product of hard work.

Persistence: Never settle for anything less than your best. Take advantage of opportunities when they are presented to you. Be ready to do the little things that lead to success. Learn from your mistakes and grow more positive in your approach to your sport.

Pride: Whatever you do, take pride in your approach. Do not settle for mediocrity. Commitment to doing your best provides you with the work habits to be the best. It is your approach to training that separates you from the rest.

Performance: All of your training should be designed to make you a more successful athlete. Identify the difference between "nice to do" and "necessary to do" exercises. Turn your athletic potential into athletic performance.

What makes a successful athlete?

Motivation is the key to success, and self-motivation is the basis of all motivation. Every successful volleyball player has to be a self-starter. The coaching staff will help you find your hot button and help you learn how to use it. The coaches should not have to motivate you every day in practice, every game to be better or to compete.

What are the ingredients for becoming a self-motivated person and athlete?

First, you must have a strong belief, not only in yourself, but also in the people around you, the program, your teammates, and the coaches. Belief is the key to motivation. Belief in what you are doing and whom you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program, we cannot be successful.

What it takes to be a great athlete

Being an athlete does not merely mean being a member of the team. The following are a few qualities that are absolutely necessary for becoming a great athlete.

Are you coachable?

The worst thing that can be said about a player is that she is un-coachable. A player must be able to take coaching and listen to instruction. Are you a “know it all”? Will you always do your best and strive to improve? Do you accept constructive criticism well? Do you try to compare yourself to other players? Do you make excuses for your performance?

Are you possessed with the spirit of competition, which fires an intense desire to win?

No one has ever achieved greatness without having a burning desire to win. Do you want to win with passion, and as a team? Does it bother you to lose?

Are you willing to practice?

Your willingness to practice is not just reporting to practice and putting in the necessary time, but working every day with the same enthusiasm and determination you use in a volleyball match. Great athletes have one speed, and it should be the same every day, full speed, every practice, and every match. Do not just work on the things that you are good at or come easy to you. Spend the majority of your practice time on the things that are difficult for you. If you quit during a drill or during practice, you will quit when it counts most - it becomes a habit. We don't want players who quit. We want 100% out of every individual. We must establish a "never quit" attitude in everything that we do.

Are you willing to make sacrifices?

Conditioning to play is not fun and It is not easy. Training is exacting; the responsibility is heavy because in volleyball each one must do it individually on her own in the off-season. It is rough and includes personal denials in order to remain in good condition, but it does have its rewards. You will gain the inner confidence and condition that will allow you to execute a good pass or dig, a good serve, a good set, a good attack or block, and winning a match.

When you are fatigued, you rationalize. You make decisions poorly, and you make excuses in your mind. You say to yourself, “I’m too tired, I can’t do this, I’ll quit, I’ll loaf, and hopefully no one will notice.” When you don’t use your abilities to the fullest, you’re cheating yourself and your teammates. The only way to remain in good shape is to never get out of it. The importance of hydration, nutrition, and rest are important variables throughout the season and year.

Do you have the ability to think under fire?

Can you concentrate on the work to be accomplished at the moment? Can you shut out of your mind a previous failure, success, or personal insult in order to give your undivided attention to the here and now? Can you check your personal baggage at the door? Matches are won by what is happening now at this moment. Good athletes play every phase of the game at 100%, at the moment. Good athletes play at the moment and play with poise. Good athletes learn from mistakes and move on.

Maturity

Some players who are not quite capable of sustained playing time at the varsity level should not get discouraged as they may develop into a regular someday. We as coaches have an obligation to develop all players with the expectations that they will fit into key roles on a team. All players have the obligation to work diligently toward their development. You must continue to work toward your maturity as a person and player while maintaining a positive attitude towards the team. If you cannot commit to this going into the season, then you should reconsider your place on the team. The coaches will try to communicate with you in identifying what role you will play and the skills you need to work on. If you have questions about your role, ask your coach.

There should be absolutely no behavior problems in or out of school. Always treat others with respect. Be respectful to authority figures. Rules are made for a reason and should be followed. If you have difficulty fitting into the structure of society and school, will never be successful as a volleyball player. If you can't be disciplined in school and in your community, you will not be disciplined on the court. Hard work, dedication, and discipline are the most important aspects of life, school, and Lady Mustangs Volleyball.

Mustang VB Pledge

Being chosen to become a member of the Katy Taylor Girls Volleyball Program is a privilege, not a right. As a member of the team, there is an inherent responsibility. You have chosen to make a commitment to the community, the program, your teammates, and your coaches. You have chosen to put the team before yourself. You have chosen to put the goals of the team before your individual goals.

I promise...

I promise to be the best version of myself on and off the court.

I promise to be a servant leader and put my teammates and the program first.

I promise to show good character on and off the court because I am a reflection of Taylor HS and the volleyball program.

I promise to never give up on myself, my teammates or my coaches.

I promise to have and show pride because Mustang pride never dies!

Lady Mustang 10 Guidelines to Success

Discipline – Training is expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement. The discipline of others isn't punishment. Discipline is used to help, to improve, to correct, to prevent, not to punish, humiliate, or retaliate.

Enthusiasm - You have to enjoy what you're doing; your heart must be in it. Without enthusiasm, you can't work up to your fullest ability. You must have the enthusiasm to prepare and perform, especially if you're a leader or wish to be.

Loyalty - A cohesive force that forgoes individuals into a team. Loyalty to and from those with whom you work is absolutely necessary for success. It means giving respect to those you work with. Respect helps produce loyalty. Loyalty is a powerful force in producing one's individual best and even more so in producing a team's best.

Self-Control - Very essential for discipline and mastery of emotions. You cannot function physically or mentally unless your emotions are under control. You cannot achieve greatness by living in the past; dwelling on the past prevents doing something in the present. Complaining, whining, making excuses just keeps you out of the present. Self-control keeps you in the present.

Skills - Knowledge of and the ability to properly and quickly execute the fundamentals of your job, not just part of it. Be prepared to be disciplined and in every little detail.

Team Spirit - Thinking of others; losing oneself in the group for the good of the group. Being eager to sacrifice personal interest or glory for the welfare of all. That defines a team player.

Confidence - You must believe in yourself if you expect others to believe in you. However, you can't have poise and confidence unless you've prepared correctly. Remember that failing to prepare is preparing to fail.

Poise - Being yourself, being at ease in any situation.

Competitive Greatness - Being at your best when you're best is needed. It's enjoying the challenge when things become difficult, even very difficult. Competitors love that challenge because it offers the chance to produce their very finest.

Volleyball Player Expectations

Practice Philosophy: Purpose of Practice:

1. To prepare the team for every situation that will occur in competition.
2. To mold a group of individuals into a team.
3. To provide experiences where the individual and the team can discover their maximum potential.
4. To develop skills and knowledge of volleyball.

Practice Functions: To make practice function at the most efficient level, the players must correctly execute the basic practice techniques.

1. Communication - all specific game communication phrases or words will be used in practice at all times (ie: mine, short, tip, out, etc.).
2. Know, pay attention to, and follow whistle commands.
3. Effort - go as hard as you can for as long as you can. Don't pace yourself.
4. Practice how you will play in the game.
5. Make sure all gyms are set up and taken down before leaving.
6. Practice competitively.
7. Encourage your teammates through all drills.

Practice Expectations

1. Be on time with proper and correct clothing on.
2. Work together as a team and not an individual.
3. Practice how you will play. Practice competitively and challenge yourself and others.
4. Your attitude on and off the court affects others around you make it a positive one.
5. Show respect for your coach and teammates at all times.
6. Hustle at all times – that includes shagging balls and moving from drill to drill.
7. Expect to work hard and give 100% all the time.
8. Learn to take constructive criticism and work to fix the problem.
9. Compliment one another and pick each other up. Support your teammates.
10. Earn your playing time. Don't expect it!
11. Do whatever it takes to make the commitment to be at every practice and game.
12. Bring your best to the floor every game, both physically and mentally.
13. When you are not involved in a drill, be an active participant and always be ready to enter if called upon.

Daily Expectations

1. Be on time to every class, meetings, bus departure, and games.
2. Be in the best physical condition you can be in.
3. Manage your time wisely between practices, games, academic and personal life.
4. Take good care of yourself.
5. Make responsible decisions.
6. Always be positive toward your teammates, coaches, teachers, and staff.

7. Represent yourself and your school in a positive light at all times.
8. Learn to take coaches comments and decisions in a constructive way.
9. Accept criticism in a positive manner especially from your teammates.
10. Have a goal of the day, every day to help keep you focused.
11. Be mentally and physically prepared for practices.

Dress Code for Practices

What is the Appropriate Dress Code for Practice?

1. All players will wear assigned practice shirts during practice. T-shirts MAY NOT be cut, open, or braided down the sides. You may Velcro or tie the sleeves up. Bare midriff MAY NOT be visible.
2. Practice clothes will not consist of boxers, shorts/shirts with holes in them, profanity, tobacco ideas, or disrespectful images or words. Players will be asked to change immediately and will run extra conditioning.
3. Sports bras and underwear MAY NOT be visible at any time during practice.
4. Each player will be issued shirts and shorts for practice. Any extra will be at their cost.

Dress Code Violation Penalties

- 1st Offense: 50 burpees
- 2nd Offense: 100 burpees
- 3rd. Offense: 150 burpees, meeting with the coach.
- 4th Offense: Mustang bleacher mile, meeting with coach and parent and signed contract.

Tardies: Coaches or managers will take roll on a daily basis at practice. To be early is to be on time. To be on time is to be late. To be late is to be gone. We will not tolerate tardiness unless the coach is notified before the tardy occurs. We will accept a note from a teacher excusing the tardy if it is during school hours. Players must be taped, tied, braided, iced, and ready to go **before practice begins.** Students will have ample amount of time to transition from class, get dressed and set up the gym for practice.

1st period- Dressed and net set up for morning practices by 6:05 am. Period- 7:30am.

7th period- Dress and net set up by 1:53 pm. Enrichment Days- 1:58 pm.

Attendance Policy

Players are expected to attend all mandatory practices, matches, and other scheduled team activities. If a player is not in school the day of the mandatory activity, they are excused from that activity but must make up the missed practice or game. Players should be prepared and be in the gym for 5 minutes. before practice. If practice starts at 3:00 pm, players should be in the gym no later than 2:55 pm to prepare for practice. If you are in attendance at school, you are required to be at practice. If you know ahead of time you will be unable to attend a practice or a game for any reason, please be responsible and inform the coaches in an email, a phone call or text

message **in advance**. Failure to call or email will result in a consequence and loss of playing time. If you are sick or an emergency comes up, please notify your coach by email or phone. You are responsible for informing the coach on the day that you return to practice with a note from your doctor, parent or guardian and make up the missed practice.

Anytime you miss practice, you are required to have a note. Any unexcused absence from a practice or game will equal a game suspension. 3 tardies equal to 1 unexcused absence.

Excused- School sponsored trips, illness, and family emergency due to death or illness. Missing for self or parents' convenience is not considered an emergency. Players must make up practice according to "Extra Duty Chart" on page 15.

Unexcused- Failure to notify the coach or missing practice or game for personal reasons not approved by the coach.

No Exceptions!! It is your responsibility (player) to notify the coaches of missing practice!! We understand that students/athletes have other important agendas going on in their lives; therefore time management is important. They have a responsibility, as a Taylor volleyball player, in which Volleyball should be respected and looked upon as the commitment they made.

Player Communication

It is important for players to communicate any questions or concerns to the coach. A player-coach relationship is very important when building a program. A lot of issues are resolved through communication. It is important that we hear concerns dealing with players from players first and not parents. If a conference is needed we are more than happy to meet with a player and parent. **Players must be present at all meetings.**

Game Day:

1. All students must ride on the bus to all the games. Any exceptions must be approved in advance.
2. Players must be in the gym ready to leave at 3:05 pm or other designated time. If a player is late or not in the designated area, she may miss the bus and receive a Consequence and a loss of playing time.
3. Students must sit together while waiting to play or after a game. Parents or friends **cannot sit with the team**. Players cannot leave team location without informing the coach.
4. **All Sub Varsity and Varsity players** must remain present for all game before leaving with parents. Players cannot leave early after their game unless approved by the coach. For safety purposes, violation of this rule will result in a violation contract, game suspension and possible removal from the team.

5. Parents must have a request for post activity student release and sign students out before taking a student from a game. If this procedure is not followed, there will be consequences for the player including violation contract, game suspension and possible dismissal from the team.

6. During home games and away, players cannot leave the school or drive or walk off campus. However, parents or family member can bring food or any items to players.

7. Players may only ride home with their parents or guardian. After away games, players cannot have another parent sign them out.

During Competition

1. All players on the “shagging” team must be in the gym, dressed and in volleyball shoes prior to the match they are responsible for shagging for. Failure to do so will result in consequences and a loss of playing time.

- Freshman A players cannot leave the gym until completion of their game-day duties and must return to the gym prior to the B takes the net to hit.
- After the completion of the JV match, JV players must return to the gym before varsity takes the net to hit. All players must have on tennis shoes.

2. Players will call lines or libero track for each other. Coaches will create and post schedule. Players are responsible for knowing when and being prepared to “work” those games.

3. Players are not allowed to leave the bleachers during another team’s match. Players must be cheering for the team playing. **No cell phones will be allowed.** All cell phones must be in their locker at home games and in their backpack at away games. Violation of the expectations regarding cell phones will result in a bleacher mile for that player’s entire team and loss of playing time for the player.

- Varsity and B team players must be seated in the bleachers no later than 4:15 pm with game uniform and shoes on. NO CELL PHONE!
- No peppering or horse playing while another team is playing or during warm up.

4. Players must have on the same travel, warm-up and game attire. Players will not load the bus if they do not have on the game day cover-up shorts assigned.

5. All freshman players must remain in gym 1 until all freshmen have completed their matches, equipment is put up before watching the varsity play. Freshman and JV players cannot leave after their match at home or away without prior approval from a coach 24 hrs in advance.

Playing Time:

Volleyball is a highly organized team sport that requires the collective efforts of the individual team members to perform their proper responsibilities correctly and in sequence with the other team members. Playing time is not given but earned during practice time as well as performance in matches. Playing time is not distributed equally to every player that attends a practice or is on the team. Everyone has a role on the team. The following areas will be considered in determining the actual playing time.

1. Attendance, punctuality, work ethic in all practices, meetings, and team activities.
2. Adherence to team and program's rules and expectations.
3. Physical skills and potential.
4. Proficiency in technical skills.
5. Knowledge of assigned positions.
6. Ability to play within the team concept.
7. Knowledge of their role on the team.
8. Leadership skills, a positive attitude, and coachability.
9. Competitiveness during prior practices and games.
10. Attitude and behavior towards coaches and teammates.

Roles of the captain:

1. Act as a liaison between the head coach and the team.
2. Remember the basic concept of the volleyball program is: The TEAM is the most important aspect of the program and the TEAM should come before everyone else.
3. Lead the team during all phases of the pre-game and pre-practice routines. This includes jog, range of motion and physical conditioning. Lead the team in determining the TEAM goals. You need to be instrumental in reminding and reviewing these goals with the TEAM at the appropriate times.
4. Lead the team during all phases of practice, meetings, and matches
5. Be aware of the **CHEMISTRY** of the **TEAM** at all times and any potential problems that might arise. Alert the coaches to any problems.
6. Lead by example. Don't expect the other players to give 100% every second in practice and matches if you fail to deliver anything less.

7. Captains should not be facing team or school disciplinary action at any time during the school year. Disciplinary action against the captains may be grounds for dismissal as a captain.
8. Do not openly criticize other players or coaches. Offer very little technical advice unless asked. Refer to any situations to the coach.

Captains are responsible for overseeing the following:

1. Teammates are game day ready.
2. No cell phones are visible.
3. Everyone on court ready for practice.
4. All players are dressed out with shirt tucked in.
5. Communicating throughout practice and games.
6. Net set up/take down schedule is being followed.
7. The locker room is cleaned

Injury/Training room

If you are injured during practice or a contest, make certain to notify your coach and make arrangements to get treatment from a trainer. Athletic period and after-school practice times will not be used for treatment unless prior arrangements have been made with the coaching staff and trainers. If a player is injured during practice, she will not be able to play in a game unless she is released by the **trainer and coach**. Before an injured player returning to play in a match, she will participate in drills set by the coach to determine her readiness participated in drills set by the coach to see if a player is ready to compete.

Equipment

All equipment must be returned or paid for at the end of the season. Players will not be given any equipment or eligible to tryout unless equipment has been returned or paid for

Athletic Period

The athletic period is a class and students receive a grade. All players and managers must dress out and participate to receive a 100. Players will receive 20 pts. a day (10 for dressing out & 10 for participation) totally 100 points a week.

Off-season

All players must be actively involved in the off-season if they are not participating in another school sport. If a player is not involved in Offseason or quit off-season, she will not be eligible to try out the following year. At the end of the season, players will be given specific off-season expectation for that year.

Participation/ Lettering

All varsity players will receive a letter jacket if they were on the team or participated in half of the district games. To receive the letter jacket, a player must be in good standing the entire season without any write-ups. It is the coaches' decision whether or not a player should receive a letter jacket. If a player quits, she will not receive a letter jacket.

Behavior & Consequences

Violations of Katy ISD or Taylor volleyball policies and expectations will result in consequences, including potential removal from the volleyball program. The Extra Duty Chart on page 14 delineates consequences for behavior contract violations

Extra Duty Chart

	Tardy	Excused Absences Practices/Games	Unexcused Absences Practices/Games	Expectation/policy or behavior violation
Explanation	Late to practice, games and athletic period	Approved by coach Medical emergency Family emergency- approved by the coach.	NO call/email or any communication, Missed team activity without approval Violation contract signed	1. Inappropriate Behavior in practices, games towards teammates or coaches (coaches discretion) 2. Classroom/hallway behavior. 3. Violation of any expectations/ school's policy. Violation contract signed/
Conditioning	1 st offense- 50 burpees 2 nd offense- 100 burpees 3 rd offense - 150 burpees, 4 th offense- Mustang bleacher mile.	5 baseline to baseline sprints. *3 days to complete	1. 1x Mustang pride workout 2. 100 frogs 3. 50 burpees * Must be completed before a player can play in a match.	1. 4x Mustang Pride workout 2. 150 frogs 3. 50 burpees 4. 50 push ups *Must be completed before a player can play in a match
VB Skills	100 pass, sets 20 pass, set hit to wall & dig	200 passes, sets 10 hits- all position 10 blocks 20 serves DS- 5 digs- LB,MB,RB	200 passes, sets 10 hits- all position 10 blocks 20 serves DS- 5 digs- LB,MB,RB	300 passes, sets 15 hits each- all position 15 blocks/approach 30 serves

- **Violation and inappropriate behavior are based on coaches, teachers or administration discretion.**

Taylor High School Volleyball



Parent Expectations

Thank You: First and foremost, you as parents deserve a huge “Thank You” for all that you do. Parents are an integral part of any program, and we want to make sure we express our gratitude to you for everything you do for your daughter, our school, and our program.

Parents' Role - Roles are important on any team. Parents have a very important role in the program. The most important role of a volleyball parent is to offer **POSITIVE ENCOURAGEMENT** for all players on the team.

We feel that the following roles are very important for parents to follow:

- 1. Support/encourage your daughter and the program.** You might not always agree with every decision made by a member of the coaching staff, and you might not always agree with decisions made by players, but please be there to support your daughter and the program in a positive manner. We as coaches try to make decisions in the best interest of the program and the kids involved in our program, so please be supportive of your daughter and our Volleyball program.
- 2. Be a "Lady Mustang fan."** Sometimes as parents we focus too narrowly on our children, and we become more concerned with the success of our own child, rather than the success of the team. Please remember to cheer for the Lady Mustang and to be a fan of all members of the team when they are playing.
- 3. Display good sportsmanship.** Please represent the school at each game by showing good sportsmanship towards referees, coaches, players, and fans from our school and other schools.

Playing Time: One of the hardest jobs of a coach is determining playing time. All of our players work hard at improving their skills, trying to earn playing time to help the team win. Unfortunately, not every player will receive the same amount of playing time. We do not promise playing time, but rather we believe that playing time should be earned through hard work and consistent effort. Even though we do not promise to play time, here are three promises that we will make concerning all players:

1. We will not quit on any player. It does not matter if a player plays every minute of the game, or no minutes in a game, we will not quit working to help that player improve their skills

2. We will be honest with each player in our assessments of their skills. The coaches will determine the strengths and weaknesses of each player, and we will attempt to help the player improve weaknesses while helping strengths to flourish.

3. We will communicate as clearly as we can. It is our job to communicate roles and information to each player, and we will give our best effort to communicate with each player.

Communication: We will do our best as coaches to communicate information to players and parents as soon as possible. If there are changes, the coaches will let the players know about those changes as soon as possible. Please make sure you signed up for “Remind”, which will be our team communication channel. Please visit the volleyball website for all program’s information.

Chain of Command: Players and parents are expected to follow the proper chain of command when dealing with a problem or concern. Parents or Players will not be seen if the chain of command is not followed.

*Player talks to the coach.

*Player and parent talks to the Coach

* Player and parent talks to the Athletic Coordinator

Contacting a Coach: Please do not hesitate to contact us by school phone or email if you have any questions.

Non-Debatable Issues: Playing time, game strategy, and other teams or program matters are decisions from the coaches, and these issues are not debatable.

Policies/ Procedures

Excused Absences: Attendance at practice and games is **mandatory** and only extenuating circumstances will be counted as an excused absence. Players must be in attendance for half a day of school in order to practice or play in a game. If a player gets prior approval from a coach or a school administrator (principal, AC), they may miss part of the school day and still practice that evening. Reasons for missing a part of the day that would constitute an excused absence would be a funeral, appointment, etc. If a player misses part of the school day and has not informed a coach or administrator of the absence in advance, the absence will be considered unexcused, and they will not be able to practice or play if there is a match that day.

Sickness: If a player is sick for any part of the school day and misses any portion of school for sickness, she is not eligible to participate in practice or a game that evening. She is responsible for informing the coach. Failure to do so will result in an unexcused absence.

No Secrecy: If parents wish to discuss their daughter, she will be present. If an issue needs to be discussed, the parent and the player needs to be present.

Riding the Bus: All players are expected to ride the bus to the games. If there is a situation when a player needs to be taken to the game (UIL, other school activities, etc.), the player will be excused to leave with a parent only if approved by the coach, a parent provides a written signature and has filled out a transportation release form. Players cannot ride home with another parent, sibling or family member.

24 Hour Rule: After games, please refrain from approaching a coach to discuss an issue regarding your daughter, the game, or anything related to volleyball. Instead, please wait until the next day to contact the coach. Often times, after the game, the adrenaline is flowing for all involved, and discussing the situation the next day is more beneficial for everyone. Please allow the coach 48hrs after an email has been sent for a coach to respond.

Game Day

1. All students must ride on the bus to all the games.
2. Students must sit together while waiting to play or after a game. Parents or friends cannot sit with the team. Players cannot leave team location without informing the coach.
3. All sub-varsity players must remain present for all varsity game before leaving with parents. Players cannot leave early after their game unless approved by the coach. For safety purposes, violation of this rule will result in a violation contract and removal from the team.
4. Parents must have a request for post activity student release **and** sign players out before taking a player from a game. If this procedure is not followed, there will be consequences for the player and the loss of playing time.
5. During home games, **players cannot leave the school, drive or walk off campus.** However; Parents or family member can bring food or any items to players.
6. Players may only ride home with their parents or guardian. Players cannot have another parent sign them out.
7. Parents cannot walk on the court or to the bench to ask permission to take players home unless it is a medical emergency. Request to take player home immediately after their match must be approved 24hrs in advance. Only critical situations will be considered

Academics: Academics are priority #1. It is important that players take pride in academic work in the classroom. Their education will carry you farther than Volleyball, so academics need to be taken seriously. We follow the "No Pass, No Play" rule that has been implemented by the state of Texas, which means that you must be passing all of your classes in order to play. We will follow the given amount of time set forth by the district for any academic suspension. Players will be given study hall times during the week before a match on Tuesday and Fridays after school. On other days, they are advised to attend tutorials opposite of their practice times.

Injuries: Athletes and parents must report any injuries to a coach immediately so the coach can help determine the severity of the injury. If an athlete needs to be taken to the hospital during a game or practice, a school official will accompany the student if possible. Players are still required to attend practices. Any missed practices without coaches' approval will be considered an unexcused absence.

Player Conduct: Our players and coaches are expected to be ambassadors of the school.

They are expected to represent with class, pride, and respect:

- The girls' volleyball team will abide by the high standards set by the Katy ISD Athletic Code of Conduct and Taylor volleyball handbook. Any behavior that is deemed unbecoming of a student-athlete off the court, in class, during practices and games will be dealt with following the Katy ISD Athletic Code of Conduct and Taylor volleyball handbook.
- The girls' volleyball program reserves the right to not play a player or allow a player to be part of the team for any violation seen as inappropriate by the coaching staff. This includes practices, games, and negative relationship towards teammates and coaches.

Equipment Cost Sheet

Equipment	Cost
Practice shirt	\$15
Practice shorts	\$25
Game Day warm-up top- Varsity	\$45
Game Day warm-up Top- Sub-Varsity	\$30
Game Day Travel Shorts	\$25
Game Day Jersey	\$60
Spandex	\$20
Knee Pads	\$20
Backpack	\$45
Sweat Top	\$25
Sweat Bottom	\$25

- Players will have to replace equipment if it is returned with makeup or food stains.

Violation Contract

We, _____ (athlete) and _____
(parent/guardian), understand that this contract is being put into effect because there has been a violation to the athlete code of conduct/ or team rules and expectations. We understand that failing to follow these expectations/guidelines can result in disciplinary action including dismissal from the team.

I _____ (athlete) am being put on this contract because of my conduct either on or off the court. I realize that by signing this contract that if there is another offense, I may be dismissed from the team.

I understand this contract and what is expected of me.

_____	_____
Athlete Name (printed)	Athlete's Signature
_____	_____
Parent/Guardian Name (printed)	Parent/Guardian Signature
Date: _____	1st offense _____ 2nd _____ 3rd _____

Violations:

Consequences:

EXAMPLE DO NOT FILL OUT
KEEP IN HANDBOOK

Lady Mustang Volleyball Handbook

Acknowledgement Sheet

Please read thoroughly, sign below and return this acknowledgment page.

We have read and understood the team rules and expectations of the Taylor High school Volleyball Program. Failure to comply with these rules and regulations from a player or parent may result in consequences and or removal from the team.

Athlete (Print and Sign Name)

Print: _____ Sign: _____ Date: _____

Parent/Guardian (Print and Sign Name)

Print: _____ Sign: _____ Date: _____

Players will not practice or play in a match if Acknowledgement sheet is not signed.

Please Tear This Page ONLY and return it to your coach