

2018 West De Pere Middle School Volleyball Expectations

- ★ Practice will start at 2:50 PM. Please be dressed with shoes on, snack finished, in the gym, in your designated spot, ready for practice. Please notice practice end times on your practice schedule. All players will be picked up at the Middle School and must be picked up at 4:30. *Please have your ride here to pick you up on time!*
- ★ If you come late to practice, you must have a note. If you know you are going to be absent from practice, please have a note **in advance** from your parent/guardian explaining the absence. If you are excused early from school due to illness, you will be excused. Unexcused absences from practices will have an impact on your playing time in games.
- ★ Wear appropriate clothes to practice – t-shirt(no tank tops), shorts or spandex, and tennis shoes. If you do not have appropriate clothing, you will **not** be allowed to practice. Please use your judgment and show some class! **All** jewelry must be taken off before all practices and games. Game Day: Players will be issued a jersey and game spandex/shorts that must be worn during each game and may not be worn for practice. The uniform is the player's responsibility throughout the season and will be turned in at the last game.
- ★ Players will keep the West De Pere Middle School locker room clean and take care of their belongings. Players will leave others' property alone.
- ★ **No** food, drink, or gum is allowed in the gym. Water is allowed. Please keep it by the bleachers or the bench.
- ★ Cell phones must be kept in the locker room during practice and games and in bag on the bus. Players are encouraged to have rides from practice and games planned out in advance.
- ★ Before an away game, all players should change into their uniform using our locker room and bring all belongings with them on the bus. Please note leaving times for away games.
- ★ Players will be sure to clean up after themselves at away games and make sure that the opposing team's facilities is left the same way, or neater than it was found.
- ★ Players will be sure to behave on all bus trips as they are to follow all school bus rules. They will also make sure that the bus is picked up after each ride as well.

- ★ **Only parents, legal guardians, or grandparents are allowed to give players a ride home from away games. You must sign out with your coach in order to leave an away game. If other arrangements need to be made, they must be made prior to the game by filling in the Travel Release Form that can be found on the district website under Athletics.**
- ★ For both home and away games, 8th Grade teams are encouraged to be in the stands and watch the 7th grade games. 7th Grade teams are encouraged to stay and watch the 8th grade games. School spirit and support builds team camaraderie and brings success!
- ★ **Conduct yourself in a manner that you bring credit and honor to yourself, your teammates, the team, and your school.** As a Phantom volleyball player, you will be expected to conduct yourself with class and dignity. Treat all others: teachers, administrators, parents, coaches, teammates, opponents, officials, fans, friends, bus drivers and anyone else with respect and courtesy. Negative comments about others are never acceptable. As a volleyball player you are an athletic example to your classmates and this community and your conduct is always on display. Inappropriate behavior (i.e. – foul language, rudeness, gossiping, excessive PDA, inappropriate dress, use of alcohol or tobacco products) is absolutely unacceptable. You are also expected to obey all school rules and policies and adhere to the athletic code.
- ★ **Attend all classes, and do all school assignments on time and to the best of your ability.** Your number one priority needs to be your classes and your grades. You must be passing your classes in order to be eligible to play. We encourage you to do all you can to keep up with your work, and if you need to be late or miss practice to make up assignments, contact your coach prior and provide a written note from the instructor you will be working with. Grade check dates are noted on the practice calendars.
- ★ **Maintain good nutrition and rest.** Playing a sport requires a great deal of energy. It is important that you take care of yourself in and out of season to be in prime condition for practice and matches. It will require time – management and planning on your part to complete your schoolwork and other responsibilities in time to get the rest you need. ***Also, what you eat and drink will directly affect how you feel and how you perform.*** You should reduce the amount of sugar and caffeine you are taking in, drink plenty of water and consume carbohydrates. Fruits, vegetables, cereals and pasta are good sources of carbs – stay away from junk foods and greasy foods.
- ★ Lastly, players will make sure to show additional love and respect to their parents or guardians and thank them a lot for allowing them the opportunity to play volleyball, getting them to and from practice, and for supporting them at games.

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Please sign and return ONLY this page indicating that you and your child have read and agree to the volleyball rules listed above. If your child fails to have this sheet turned in by the first game they will be ineligible to play until it is turned into the coach.

Player's name (please print)

Player signature

Parent/Guardian Name(please print)

Parent/Guardian signature

_____ **Date** _____