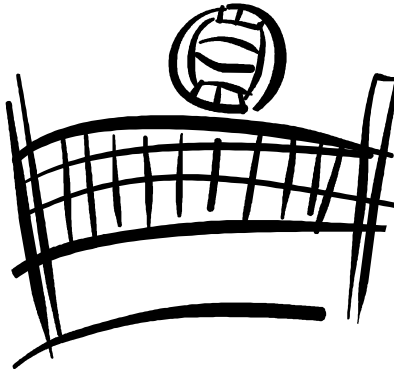


Riverside Poly Bears Volleyball

Player Handbook Rules and Regulations

Acknowledgement of Receipt and Understanding



By signing below, both parents and players acknowledge that they have received the player handbook and agree to follow the policies included. There is also a requirement for students to sign and follow the school wide code of conduct that governs disciplinary action taken against athletes who are suspended from school. Riverside Poly's athletic policies are in addition to those listed in our handbook and will be enforced in all cases.

Parent Signature: _____

Date: _____

Player Name (please print): _____

Player Signature: _____

Date: _____





Riverside Poly

High School

Volleyball Player

Handbook

Training, Appearance, & Behavior Guidelines

Mission Statement: The Riverside Poly Volleyball Program exists to promote competitive high school volleyball opportunities for athletes. While participating at a high level on the court, we strive to have fun and work hard together to perform our best. We hope to grow as student-athletes, coaches and supporters on and off the court learning life-long skills and creating fond memories. By demonstrating our love for the game, we will show good sportsmanship and make our school and community proud.

It is crucial that all participating groups remember that the goal of this program is to shape young Women into strong individuals and team players that will work with their teammates to strive for success. Playing volleyball or participating in athletics in high school is a privilege and should be treated as such.

The players' behavior and attitude on campus are an important factor for the promotion of the program to their fellow students, as well as the faculty and administration. All coaches in the program will stress this idea so the players will take pride in their program and the school they represent.

- Academics: Players are urged to make sound academic judgments and make their academic studies their priority. All players must meet the school district eligibility guidelines and attend any study hall sessions. **Grade checks will be required Bi-weekly.** Grades and school are far more important than athletics or volleyball. **Players will maintain a minimum of a 2.0 GPA throughout the season. If grade checks are completed and their GPA is under a 2.0, they will not compete in any matches or practices until minimum grade requirements are met.**
- Appearance: All players are expected to follow Poly's dress code. For practices and game days. **Jewelry or accessories are not allowed during any practices, games, to ensure the safety of all athletes.**
- Fundraising: Players are expected and encouraged to participate in all such events to finance expenses related to the volleyball

program. Fundraisers hope to cover the costs of special events, banquets, and other volleyball-related products we purchase each year.

- **Training:** Players are expected to manage their time wisely so that they can maintain a balance between their academic and athletic endeavors. Players are expected to attend all practices, games, tournaments, and team meetings. Exceptions will only be approved by the head coach that is told /asked directly **BY THE PLAYER**.
- **Uniforms:** For all practices and games, the players are to wear court shoes, knee pads, and the proper athletic clothing. School dress code still applies at all activities. Game uniforms are to be worn for games only. Players must wear agreed upon game-day attire to school as well. Please always keep uniforms clean and presentable. Damage or loss of a uniform will result in the player covering the costs of that uniform. Team gear (Spirit Pack) cannot be altered/cut in any way, shape or form.

Bench Decorum, Parent Involvement, Discipline

The most successful teams in sports always maintain a positive attitude. During games, all players from all levels are expected to positively support the Poly team that is playing. This includes sitting together as a team during lower or higher-level games, cheering on our school, and refraining from yelling at referees or the other team and/or its supporters. While in the game or on the bench, players need to maintain a high level of focus on the game itself, not on side conversations, or interactions with others in the stands.

- **Seating:** Players will always sit on the bench and will cheer for their teammates and demonstrate good sportsmanship. Only individuals on the team and team managers will be allowed to sit on the bench. Players may not talk to parents or fans during the games while on the bench or in the game.

- Substitutions: Players must always hustle on and off the court when there is a time out/substitution. Players are expected to be aware of their rotation and when their substitution takes place. If the player fails to substitute in time, they will forfeit their opportunity to play that set.
- Support: All players must always be completely involved in the game. They are to encourage their teammates, cheer, and help direct the players on the court. Players should not portray a negative attitude and/or direct any comments to the officials, linesmen, and opposing team.
- Parents: Parent involvement is very important in order to have a successful program. Please make your best effort to support your child in their endeavors. However, parents or family are not allowed at practices. All practices are closed. Parents are more than welcome to cheer from the sidelines in a respectful manner and should also demonstrate good sportsmanship. **Coaches will not discuss issues with parents during or after a game. If parents would like to discuss any issues with coaches, please contact the coach directly and set up a meeting. This is our 24-hour rule!** If a solution cannot be reached, parents may then reach out to the athletic director for a meeting with her and the coaches. **Please Note: Coaches will only discuss issues regarding your own athlete.**
- Practices All players are expected to attend and participate at each practice. **Players are to notify the coach for an absence to a match two weeks in advance!** All players are to stay and support each team at every game. Missing practice, arriving late, or leaving early could result in either a make-up activity or sitting out during a match. This will be determined by the respective coaches on a case by case basis. If the player

misses two practices or more they risk not suiting up for an entire match or more. If attendance continues to be an issue, a parent meeting will have a scheduled meeting with the coach and athletic director to determine playing status. **Lastly, all athletes must wear poly attire for every practice/ game day.**

- **Playing Time** Playing time is determined by the coaching staff and is a combination of effort and play in practices, attendance, position, and production in games. **If a player is unhappy with playing time they may meet with the coaching staff.**
- **Missed Matches** If a player misses a match, regardless of excuse, their playing time could be limited at the coach's discretion. Missing two or more matches can result in a suspension from the team and a parent meeting will occur about team participation. The consequences are at the discretion of the coaching staff and are based on every different situation. **Players are to notify the coach for an absence to a match two weeks in advance!**
- **Drugs & Alcohol:** Any player found under the influence of drugs and/or alcohol at school, at school events, or during practices or games will be immediately dismissed from the team without further notice. The use and/or possession of any nicotine, tobacco, or drug paraphernalia is also not permitted. This includes but is not limited to vape cartridges, wax pens, e-cigarettes, and cigarettes.

Game Day Procedure

- On game days, players are to wear the proper attire assigned to them from the previous practice. For away matches, players will wear either warm up t-shirts or dri-fit shirts, or polos on the bus. Uniforms, game shoes, and knee pads need to be carried to games in backpacks or sports bags.

- When playing away games, all players will travel on the team bus or van and return in the same manner with their team. Players are not allowed to leave on their own after any game, unless they have the permission slip signed and turned into the Athletics Office and it is approved by the coach, as required by the Riverside Unified School District. Players and affiliated staff are to ride on the bus or van in a respectful and disciplined manner.
- Players need to arrive at home games at the specific time requested by their coach. Prior to their warm ups, all players will be properly prepared and dressed to take the court as a team. Once warm ups have started, players will not be on phones or leave the gym for any reason without asking their coach.
- Immediately after the game, the coach and the players are to meet briefly as a team and not with friends, family, or fans. Once team meetings are over, players are welcome to speak briefly with fans, keeping in mind that they must then assist in breaking down the gym.

Social Media Guidelines

As you begin participation in this new volleyball season, the coaching staff and athletic department of Riverside Poly High School want to make sure you are aware of the social networking guidelines. We recognize and support the athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each athlete must remember that playing and competing for Riverside Poly High School is a privilege. As an athlete, you represent Poly. Our school and the Poly community are expecting you to portray yourself, your team, and the school in a positive manner at all times. Attached you will find social networking guidelines which provided for usage of social networking sites:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posts).
- Like comments made in person, the Riverside Poly Athletic Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm teammates or coaches, other Poly student athletes, teachers, or coaches, and student-athletes, coaches, or representatives of other schools, including comments that may disrespect opponents.
 - Incriminating photos or statements depicting violence; hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, smoking, selling, possessing, or using controlled substances, or any other inappropriate behaviors.
 - Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless of the intention of the violation.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. On-line social network sites are NOT places where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Social Media Contract

As a Riverside Poly High School volleyball player, the sponsors, principals, teachers, and community hold you to a high standard of behavior. This high standard of behavior includes the use of social media such as Facebook, Instagram, Twitter, Tumblr, Snapchat, etc. If you use social media and post pictures and/or printed material on your account or are tagged in someone else's account, including but not limited to the use of drugs, alcohol, sexual conduct, and bullying it can and will result in immediate suspension and/or removal from the team. The discipline will be decided by the coach and Poly administration.

I, _____, understand that the areas of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, threatening danger or emotional injury to someone, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the volleyball coach, athletic director, and principal.

I, _____, understand that the possession and/or use of alcohol, tobacco, nicotine products, and illegal drugs are expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in an immediate removal from the volleyball team.

I, _____, understand that any use of social media to disparage Riverside Poly High School, my teammates, coaches, administration, other students, or other schools and opponents is discouraged and consequences will be determined by the volleyball coach, athletic director, and principal.

Parent Signature

Date

Student Signature

Date

