

Riverside Poly High School

Volleyball Player Handbook

Mission Statement

The Riverside Poly Volleyball Program exists to promote competitive high school volleyball opportunities for student-athletes. While striving for excellence on the court, we commit to working hard, supporting one another, having fun, and representing our school and community with pride.

We aim to grow as athletes, teammates, and leaders by learning lifelong skills, demonstrating sportsmanship, and building positive memories. Playing volleyball at Poly is a privilege, and we expect all players to represent themselves and the program with integrity on and off the court.

Training, Appearance & Behavior Guidelines

Academics

- Academics come first.
- All players must meet RUSD eligibility guidelines and maintain a minimum 2.0 GPA throughout the season.
- Grade checks will be required.
- Players may be assigned study hall as needed.

Appearance

- All players must follow Poly's dress code during school, practices, and game days.
- No jewelry or accessories may be worn during practices or games for safety reasons.

Fundraising

- Players are expected to participate in fundraising events.
- Funds support special events, banquets, team apparel, tournament costs, and overall program needs.

Training Expectations

- Players must manage their time to balance academics and athletics.
- Attendance is required at all practices, games, tournaments, and meetings.
- Only the player, not the parent, may request absences or exceptions — and only directly with the head coach.

Uniforms

- Proper athletic attire, knee pads, and court shoes are required for all practices.
- Game uniforms are to be worn only for games.
- Players must wear the agreed-upon game day attire at school.
- Players are responsible for the replacement cost of any lost or damaged uniform.

Bench Decorum & Discipline

General Conduct

Successful teams maintain a positive, focused attitude. Players must:

- Support all Poly teams playing before or after them.
- Sit together as a team during other levels' matches.
- Refrain from arguing with referees, opponents, or spectators.
- Avoid side conversations and distractions while on the bench.

Seating

- Only rostered players and team managers may sit on the bench.
- Players may not talk to parents or fans while on the bench or during games.

Substitutions

- Players must hustle onto and off the court.
- Players are expected to know the rotation and be prepared for their substitution.

Support & Participation

- All players must remain engaged, encouraging teammates and staying focused.
- Negative attitudes, disrespectful comments, or unsportsmanlike conduct will not be tolerated.

Practices

- Players must attend every practice wearing Poly gear.
- Players must RSVP for practice at least 24 hours in advance.
- Failure to RSVP will result in conditioning consequences (e.g., weighted towels).
- Injured or ill players must still attend to observe, learn, and support teammates.
- Repeated absences or tardiness may result in reduced playing time or not suiting up for matches.
- Excessive attendance issues may lead to a parent meeting with the athletic director.

Playing Time

Playing time is determined by the coaching staff based on:

- Effort
- Practice performance
- Attendance
- Position needs
- Game production

Players may request a meeting with coaches if they have concerns.

Missed Matches

- Missing a match may result in reduced playing time at the coach's discretion.
- Missing two or more matches may result in suspension from the team and a required parent meeting.
- Players must notify coaches well in advance if they will miss a match.

Drugs, Alcohol & Nicotine Policy

- Any player found under the influence of drugs, alcohol, or illegal substances at school, practices, games, or school events will be immediately dismissed from the team.
- Possession or use of nicotine or paraphernalia (vape pens, cartridges, e-cigarettes, etc.) is strictly prohibited.

Parent Involvement & Expectations

- Parents play a vital role in supporting their athlete.
- Practices are closed to all parents and family members.
- Coaches will not discuss playing time or concerns during or immediately after games.
- Parents must schedule meetings with the coaching staff to discuss concerns.
- If issues cannot be resolved, a meeting may be held with the athletic director.

Game Day Procedures

Game Day Attire

- Players must wear the assigned game-day attire.
- For away games, players must wear Poly gear — failure to do so means they cannot ride the bus.
- Equipment (uniform, shoes, knee pads) must be brought in a backpack or sports bag.

Travel

- All players must ride the team bus or van to and from away matches.
- Players may ride home with a parent only if the RUSD permission slip is completed, submitted, and approved.

Pre-Game

- Arrive at home matches at the time assigned by coaches.
- Once warmups begin, no phones or leaving the gym without permission.

Post-Game

- Teams meet briefly with the coach after every match.
- After the meeting, players may speak with family.
- All players must help with cleaning up and breaking down the gym.
- **All athletes from all levels must stay for the full duration of ALL matches to help set up and tear down.**

Social Media Guidelines

As a Poly athlete, you represent the school at all times.

Social media is public, permanent, and can affect your future.

Players must use good judgment and maintain a positive online presence.

Remember:

- Anything posted online becomes public, even if deleted.
- Colleges and employers review social media.
- Players must avoid:
 - Derogatory or disrespectful comments
 - Inappropriate images or behavior
 - Threats, harassment, or bullying
 - Content involving alcohol, drugs, or illegal activities
 - Sharing unreported violations

Freedom of speech does not protect against consequences for inappropriate posts made as a student-athlete.

Social Media Agreement

As a Riverside Poly Volleyball player, you are held to a high standard of conduct, including online behavior.

I understand that inappropriate content includes, but is not limited to:

- Profanity, suggestive language, or gestures
- Inappropriate or revealing images
- References to alcohol, drugs, tobacco, or sexual content
- Threatening or harmful statements
- Bullying or harassment
- Any content that reflects poorly on Riverside Poly.

Possession or use of alcohol, drugs, nicotine, or related paraphernalia is strictly prohibited and may result in immediate removal from the team.

Negative or harmful social media posts about the school, team, coaches, administration, or opponents may result in disciplinary action.