

# Bears Volleyball Player Handbook

## Mission Statement

The Riverside Poly Volleyball Program exists to provide competitive high school volleyball opportunities for all athletes. We strive to compete at the highest level while fostering teamwork, sportsmanship, and personal growth. Our program emphasizes:

- Developing skilled volleyball players
- Building strong student-athletes
- Creating lifelong memories
- Serving as positive representatives of our school and community

We believe athletics are a privilege that comes with responsibility. All participants are expected to demonstrate exemplary behavior on and off campus, in the classroom, and during competitions.

## Training, Appearance, & Behavior Guidelines

- **Academics:** Student-athletes must maintain eligibility through strong academic performance. Regular grade checks will be conducted.
- **Appearance:** School dress code applies at all times. For safety, hair must be secured away from the face during play, and jewelry is prohibited.
- **Fundraising:** Participation in program fundraisers is expected to support team expenses.
- **Training:** Regular attendance at all practices, games, and team events is required.
- **Uniforms:** Proper athletic attire must be worn for all team activities. Uniforms should be kept clean and presentable.

## Team Culture & Expectations

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 must maintain a high level of focus on the game itself, rather than engaging in side conversations or interactions with others in the stands.

- **Bench Decorum:** All team members will demonstrate positive support for teammates during competition.
- **Sportsmanship:** We represent Poly with class - negative comments toward officials, opponents, or teammates are unacceptable.
- **Parent Involvement:** While parental support is valued, all coaching decisions are made by the staff. Parent-coach meetings must be scheduled in advance.
- **Attendance:** Unexcused absences may affect playing time and team status.
- **Substance Policy:** Any use of tobacco, alcohol, or drugs will result in immediate dismissal from the team.

## Game Day Procedure

### 1. Attire & Equipment

- Wear assigned team attire to/from games (as specified by coaches)
- For away games: Travel in approved team gear (warm-ups, dri-fits, or polos)
- Bring a complete uniform, shoes, and knee pads in a team bag
- No exceptions: Players without proper gear cannot board the bus

### 2. Transportation

- All athletes must use team transportation to/from away games
- Early dismissal requires:
  - Signed permission slip submitted to the Athletics Office
  - Prior coach approval
- Maintain respectful behavior on all team vehicles

### 3. Arrival & Preparation

- Arrive at home games at the coach-specified time
- Be fully dressed and ready for warm-ups at the designated time
- No phone use once team preparation begins
- Remain in the gym area unless the coach grants permission

### 4. Post-Game Protocol

- Mandatory team meeting immediately following game
- No interactions with spectators until meeting concludes
- Brief visit with supporters (5-10 minutes max)
- All players assist with gym breakdown/clean-up

Violations of these procedures may result in reduced playing time and a negative impact on team status.

## 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.

Below are social networking guidelines that provide for the 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 is unacceptable behavior.
  - **Indicating knowledge of an unreported school or team violation**—regardless of the intention of the violation, is frowned upon.

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.