



10 GUIDELINES FOR BEING A POSITIVE PLAYER – PARENT

1. Cheer your player on, be supportive of her, console her, but do it without judging her, the coach, officials or teammates.
2. Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
3. Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their time playing time or role: it immediately indicates they want more.
4. Understand the rules of the game and the coach's philosophy. Substituting in volleyball has consequences.
5. Do your physical part as a parent. Get your child to practice on time and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Positions and talent sometimes do not match up. Coaches attempt to do what's best for the team, putting the best physical mix and best "chemistry" on the floor. That may mean that sometimes your daughter may be playing "out of position" in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.
7. If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence).
8. Never approach a coach with complaints after a tough game. Wait and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like being confronted after tough games.
9. Please think before criticizing anyone connected with your player's team. Criticism is contagious and often hurtful. The damage could be irreversible.
10. Visibly show that you enjoy watching your child perform: this will make her feel better about individual participation, no matter what the role is.



TWHS VOLLEYBALL PRENTAL GUIDELINES

1. If your athlete has a concern, this is the order in which you should follow:

First- Student and coach have a meeting

Second- Parent and coach have a meeting, only after the first occurs.

Third- Parent and Coach Wade have a meeting

We will follow this chain of events in order to solve problems. If there is still an issue, you may carry your concerns to the athletic director then principal.

2. We will never have a meeting immediately following a game.
3. Your daughter is expected to make the phone calls, or emails if they are going to be absent or late. Do not make the call for them.
4. Parents are not allowed in the gym during practice times.
5. Relax and enjoy your kids' high school years. Support the role that they have and help them understand how every role is vital to the team. If they see that you are excited about what they are doing, they will be as well.



VOLLEYBALL EXPECTATIONS

By joining TWHS Volleyball Program, you are expected to meet certain expectations. These expectations are a very important part of the program and they must be followed. By choosing not to meet these expectations, you will incur consequences. It is important to remember that being involved in any extracurricular activity is a privilege.

Missed Practices

You are expected to be at every practice. We realize that some circumstances may occur that will prevent you from attending practice (sick, death in family, etc.). These are excused absences, and they need to be cleared with a coach before you miss practice. If you are sick, then you need to call or email your coach and leave a message. By not calling, then the absence will be treated as unexcused. If other situations occur, the coach will determine if they are excused or not. If you have an excused absence, then you will have a short makeup. An unexcused absence will be double. Missing school on a day that you are competing, not traveling, in a club tournament will be excused. Provide school excuse note from club.

Make up practices will consist of physical conditioning. Missing practices can result in loss of playing time. Repeated offenses could result in suspension from game or removal from team.

Playing Time

Playing time is not to be discussed between parent and coaches. This is an issue that the players must respectfully approach their coach with.

Tardiness

You are expected to be at practice on time. That means you should be on the court, dressed, and ready to go when practice begins. If being late becomes a problem, then there may be game suspension or removal from the team.

Training Room

If the trainer requires the player to be taped for practice, it should be done immediately. Any treatment needed for an injury will occur before school. There will be no treatment during practice time, unless the student is injured in practice. If the trainer requires you to follow up

on specific injuries, YOU MUST FOLLOW UP. If you are injured, you are still required to be in practice dressed out and modifications can be made.

Players will not be excused from practice with a parent note. They may be excused by a doctor or trainer. If you have an injury that hinders your performance, then you must see the trainers before school. Often, they will refer the players to a doctor, if needed. If the player has received modified participation, then we will adhere to that program. If the player is unable to participate, they may assist the team in other ways, but they are required to be at practice and games in order to remain a member of the team. You must dress out like the team, as well.

Dress Code

Practice: you are expected to dress in the appropriate workout clothes that the coaches have assigned you. Not wearing them will result in a team consequence. Dress code includes no jewelry and hair must be pulled back. You are responsible for all equipment checked out to you and will be financially responsible for any items lost or stolen. As well as at school, you must be in school dress code when traveling to away games and attending school functions. You represent The Woodlands High School, leave an impression of class.

Classroom Expectations

You are expected to behave in a polite manner when dealing with teachers. Any negative reports from the classroom will result in consequences from your coach. You are athletes and, therefore are held to a higher standard. You represent The Woodlands Athletics and are expected to do this in a positive way. You must also keep up with academic demands in the classroom. Any work you miss due to volleyball needs to be taken care of before your absence. You are required to pass classes to remain eligible to play. Repeated failures could result in removal from the team to focus on academic responsibilities.

Locker Rooms

Keep your locker room, as well as the gym clean. Do not leave clothes, shoes or accessories in the common area. Do not leave food in your locker to spoil. Pick up after yourselves and have pride in your school.

Conduct

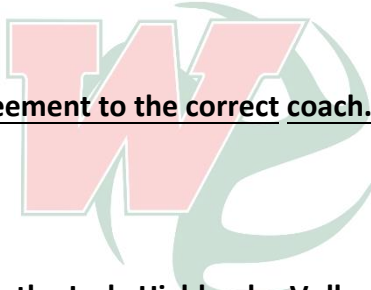
As a rule, all players are to conduct themselves with class and dignity, both on and off the court. Your behavior is a direct reflection of our school and volleyball program. Any actions that will not uphold those expectations and that may reflect poorly on you, your team, school or parents is an action that should not be taken. Consequences may be given in extra conditioning,

suspension, player contract, or removal from the team. These consequences will be assigned by the coaching staff accordingly.

Other Expectations

While you are attending a volleyball match, you are expected to be watching the game. Running around the gym or outside the gym will not be tolerated. While you are at a volleyball game, you are expected to sit as a group and support the team that is playing. It is not necessary to do homework during a match on Friday. Freshmen and Junior Varsity teams are expected to stay for the Varsity games. You will not be allowed to sign out to leave with your parents until the conclusion of the Varsity match. You may only leave with an adult. You must request special permission to ride home with parents ahead of time, preferably one day in advance. Please be a part of your team! You are expected to ride the bus to and from games together.

There should be no cell phones out during games or practices. Cell phones will also be taken up at night on overnight trips. Do not let cell phones be a distraction!



Please sign and return Rules agreement to the correct coach.

I have read and agree to abide by the Lady Highlander Volleyball Procedures. I understand the guidelines for attendance, punctuality, playing time, and conduct. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of The Woodlands High School Volleyball Program and are aware that all decisions that are made are for the betterment of the TEAM.

Student printed name: _____

Student signature: _____

Parent printed name: _____

Parent signature: _____