



Sandwich Indians Volleyball

Rules and Expectations 2023



✓ Purpose

- The main components of the Sandwich Lady Indians are: hard work, discipline, dedication, and teamwork. With these four components, the girls are assured growth and will have a successful season.
- Players learn to blend their talents to meet overall needs of the team and HAVE FUN!
- Your commitment to this team begins today until the end of the season.
- Remember: **HARD WORK PAYS OFF!!!!**

✓ Coaches Commitment

- As your coach, we want you to know that you are important to us. We love coaching and we are motivated daily to make our team successful. Our goal is to provide you with every opportunity to be as good as you want to be.
- We want to help you strive, to be your best, by setting goals that are measurable and attainable. We want you to grow as athletes and people. We want you to take the lessons learned from competing in volleyball and use them to help you achieve in all areas of your life. We want you to learn the meaning of commitment, discipline, responsibility, and hard work.

✓ First Day of Practice

- August 7th is the first day of tryouts.
- Please come prepared every day. By the first practice you will need: Indoor volleyball shoes, kneepads, physical form, activity fee paid, insurance waiver, IHSA drug form, and a water bottle.
- During try-outs the coaches are looking for players who have good volleyball skills, a positive attitude, are coachable, and give 110% at all times. This will determine varsity, JV, and freshmen teams. Do not assume you are on a certain team.
- Varsity cuts will be made after practice on August 8th. Players will be notified of cuts and given the opportunity to talk to the coach after.

Expectations

Attendance

1. Attendance is expected and required at all practices, meetings, and games.
 - Be on time to all practices, meetings, games, and bus times. (Be at least 10-15 minutes early.)
 - If you are late for a bus, we will not wait for you.
 - If practice starts at 3:15 all players should be ready and stretched before 3:15.
 - Practice, meetings, games, and bus times begin according to the schedule.
 - 3 tardies result in a player not being able to play the next game.
 - 5 tardies result in termination from the team.
 - If you are getting help from a teacher after school, you must bring a pass.
 - All levels of the program are expected to help work at home tournaments **(09/09/2023 & 10/07/2023)**. Failure to show up for assigned duties will result in an unexcused absence.
 - All levels of the program are expected to help work at the Sandwich Fair Booster Club Booth **(09/08/2023) 9-10am Freshmen, 10-11am Varsity, 11am-12pm JV**. Failure to show up for assigned duties will result in an unexcused absence.
2. Excused absences may be granted for the following: illness, family emergencies, or with head coach's discretion.
 - Other school functions will be taken into consideration with proper notification.
 - If you are sick or leave school early due to an illness, **please notify your coach**. If you must miss practice for a doctor's appointment, please provide a doctor's note to your coach.
3. Unexcused absences: Will include, but not limited to- detentions, work, vacations, babysitting, other sports games.
 - If you are unexcused from a game you will sit the next game.
4. Penalties for unexcused absences:
 - **1st Unexcused Absence:** Player will not be able to start the next game.
 - **2nd Unexcused Absence:** Player will be suspended for the next game. She will be expected to attend the game.
 - **3rd Unexcused Absence:** Player will be terminated from the team.

Homework

- As coaches, we ask that you put academics as your top priority at all times.
- If you need extra help after school or need to make up a test or quiz, please let your coach know.
- Make it a priority to complete all assignments on time and to your best ability for every class that you are taking.
- Remember that eligibility counts, so do your homework!

Practice and Game Play

- The net needs to be set up and players start stretching AS A TEAM by 3:15.
- All practices are closed. Anyone in the gym besides players and coaches will be asked to leave.
- Cell phones are not allowed during practices. If there is an emergency or the player is waiting on an important phone call they may give the coach's number to their parents. They will also need to give the coach notification so she will have her phone on.
- Cell phone usage should be limited on bus rides. Use this time to mentally prepare for the game, study, complete homework, and to bond as a team. Appropriate usage of the cell phone would be to call a parent to give directions, let them know when you will be home, or how the game went. We need to stick together as a team after a game, win or lose, it is our teammates that we should be communicating with.
- **24-Hour period: There is a strict 24-hour period before and after games. Parents are not allowed to approach the coach with concerns about their daughter and/or the team.** Parents who have concerns should wait until after the 24-hour period, and then make an appointment with the coach. **Playing time is not negotiable.**
- In order for your child to leave from an away game, they must be signed out by their parent or legal guardian. A sign out form will be provided by the coaching staff. Otherwise, the student will be expected to be transported back to school on the bus after the event.
- The Sandwich School District does not allow students to ride with another person; or allow a note to be used to inform the coaching staff that the student is leaving the event with someone else.
- All players riding the bus home from games can be picked up at the High School upon return. **Please pick your child up on time.** In the event of an emergency, please call the coach.

Clothing

- Jewelry is not to be worn at practices or games.
- Athletic shorts, t-shirts, and sports bras are required at all practices.
- Tank tops with spaghetti straps are not to be worn.
- We dress up for all away games (no blue jeans).

Injuries

- Any player who is injured in practice or games must report to the trainer or coach.
- All injuries must be documented.
- If you are injured, you are required to attend all practices and games.

Playing Time

- Volleyball consists of 6 players on the court. Those 6 players will be the players who show up for practice, have positive attitudes, a hard work ethic, enthusiasm, and work to make their team better.
- Players will move up only if the coaches see fit. They may also be moved down if needed.
- There is no guarantee of playing time.
- Each player will have a vital role on the team. As a player, you need to know your role on the team and work hard each day to improve that role.
- Reserves are a vital part of the game as well. You are a major part of the team's success. You provide competition so that all players are challenged.

Attitude

- All players must respect other players, coaches, officials, bus drivers, teachers, administrators, parents, and other schools.
- When a coach is talking, you should be listening. A good listener has their eyes on the person talking.
- No talking back. If you have concerns you are allowed to address them with a constructive approach at the end of practice or the day after a game.
- Drills or what goes on at practice is not up for discussion and any comments or complaining will not be tolerated.
- If a player is asked to leave practice due to bad behavior or for any reason, they will sit for the next game.
- Parents: We will not tolerate swearing at or yelling at coaches, players, or officials. You will be asked to leave the game. Remember, you are setting an example for your player and representing the Sandwich School District. We take great pride in our volleyball program, so please represent us well at both home and away games.

Social Media

- As part of a team, we ask that you refrain from negative comments about other teammates, coaches, playing time, etc. on Facebook, Twitter, Snapchat, Instagram, TikTok, or any other social media network.
- The use of social media, by a student, which negatively impacts the team or another player may result in discipline including suspension or removal from the activity, group, leadership position, or team.

Chain of Command

- If an issue arises, the first step is for the player to contact the coach and talk to them. The player may have another coach present or a captain of a team, if requested. If the issue is not resolved, the next step is for the parents to sit-down with the player and coach. If the issue is still not resolved, the parents can request a sit-down with the Athletic Director, player, and coach. ***Please note, playing time is not to be discussed.**

****Please detach this sheet and fill out the form below. Turn it in to your coach.**

(Please write names below.)

I, _____ (player), have reviewed, understand, and will follow the expectations for the 2023-2024 volleyball season.

I, _____ (parent/guardian), have reviewed and understand the expectations for the 2023-2024 volleyball season.

Signatures:

Player: _____

Date: _____

Parent/Guardian: _____

Date: _____

Contact Information: Please Print

Player's Name:	Player's Cell Phone Number(s):	Player's Known Allergies:
Parent/Guardian's Name:	Parent/Guardian's Number(s):	E-mail:
Emergency Contact's Name:	Emergency Contact's Number(s):	Emergency Contact's Relation: