CENTRAL KITSAP HS

GIRLS VOLLEYBALL

**Expectations of players:**

1. Follow all guidelines and rules as set forth by the CK School District and CKHS.

2. Attend all practices and matches.

 A missed practice will result in a decrease of playing time.

 Unexcused absences and tardies may result in suspension from the team.

3. If a player is injured or ill, they are expected to attend all team functions unless the injury or illness is prohibitive.

4. Encourage your teammates.

5. Maintain and display a positive attitude on the court and on the bench.

6. Represent yourself, the volleyball program, your family, your school and your community in a respectful and positive manner.

7. Inform the coach of anything that may affect your performance.

8. Cell phone use is not permitted when we are together as a team and/or program. This includes practices, warm up times and competition. When traveling, cell phone use is not allowed on the way to the matches. Bus rides are a time to prepare for matches and bond with your team mates.

9. If there is a need to use the phone, a player shall ask permission from their coach first.

10. We understand that no matter how well you budget your time, there may arise occasions where you need to take a day off and catch up with homework or sleep or both. Each player is allowed 2 “personal days”. You may not take these on a practice day before a match or tournament. Also, varsity players may not take one in the weeks immediately preceding District and State playoffs. In order to take a personal day, you must notify Coach K and your team coach before 9 AM on the day of.

**What you can expect from the coaches:**

1. We will provide a safe environment. While volleyball is a game that has some inherent risks, the staff will make sure to eliminate any unnecessary and negligent dangers.

2. To treat you with the same amount of respect that is asked of you.

3. To set a good example on and off the court.

4. Help you become the best player that you can be.

5. Consistency in presentation and training methodology.

**Expectations of parents:**

1. View the game and your daughter’s role with the team goals in mind.

2. Allow the coaches to coach; your job is to be the team’s and your daughter’s # 1 fan.

3. Accept the judgment of the officials; stay in control.

4. Demonstrate winning and losing with poise and dignity.

5. Encourage your daughter to communicate her questions and concerns with the coach. The coaching staff will not discuss any playing time decisions with parents. Any playing time issues will be handled through discussion between the coaches and the player.

6. If you have any questions or concerns that do not involve playing time, discuss them with your daughter first. If you still have concerns, please contact her coach and set up an appointment to meet. Any such meeting will also involve the player.

7. DO NOT approach the coach on the day of a match or during practice.

**Home matches:**

1. JV and C players must arrive to the gym in full uniform 45 minutes prior to their match time. JV players are in charge of setting up the net at the high school and any other equipment necessary for the match. Varsity players are in charge of taking down the net, putting away all equipment and cleaning up after the match.

2. Varsity players with assigned duties (scoring, line judging, etc.) need to be in full uniform and available 30 minutes previous to the start of the JV and C team matches.

3. All varsity players are expected to attend the JV and C team matches. Sit with your teammates, encourage the players on the floor and learn from what you see.

4. All JV and C team players are required to stay and attend the varsity home matches. Some will be assigned specific duties during the match.

5. We understand that at times, school work might create a situation where a player can not attend the other team’s home match. Each player is allowed one academic excused absence from the above match attendance requirements. Please notify your coach beforehand if you will be using an academic absence as that will help us when assigning match work roles.

**Away matches:**

1. Be prepared to leave, in full uniform, 15 minutes before the bus is scheduled to leave.

2. Players that will not be returning on the bus must sign out with their coach before they leave, and **need to present** to the coach the person that is driving them home. The proper district paperwork must be on file with the coaching staff.

3. For away matches, JV and C team players are encouraged but not required to stay for the varsity match.

4. All players must follow the Central Kitsap travel rules for athletes.

IF YOU NEED FURTHER CLARIFICATION, OR HAVE ANY QUESTIONS ABOUT SOMETHING THAT MAY NOT HAVE BEEN COVERED HERE, PLEASE FEEL FREE TO CONTACT THE HEAD COACH, DRAGAN KARADZIC.

COACHING STAFF CONTACT NUMBERS

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