Highline High School **Girls Volleyball 2013**

Expectations & Rules

Head Coach: Cindy Akana **cell/text:** 425-502-1185 **email:** cakana@me.com

JV Coach: Jasmine Kettler phone: (425) 870-1366 email: jasmine.kettler@gmail.com

Schedule: Varsity practices: MWF, 4:00 - 6:30 p.m. Home games: TTh 4:30 - 8:30 p.m.

JV practices: MWF, 2:30 – 4:15 p.m. **Away games**: TTh, 4:30 – 9:00/9:30 p.m.

Mission Statement:

Develop Highline volleyball players into respectful, responsible, and positive teammates.

Team Motto: TBD

Team Expectations

- 1. Attend all practices, full practices, and all games. If unable to do so, notify your coaches at least 48 hours (2 days) in advance with a viable reason.
- 2. Be fully dressed (shoes, knee pads) and ready to practice in the gym before the start of practice.
- 3. Help set up and take down volleyball equipment before and after practices and home games.
- 4. Work to improve your volleyball skills and knowledge of the game every day.
- 5. Give your best effort during conditioning exercises, practices, and games every time.
- 6. Hustle during games, drills, and practices.
- 7. Be attentive during practices and follow directives of your coaches.
- 8. Encourage teammates during practice and games.
- 9. Treat all teammates, coaches, opponents, and fans with respect.
- 10. Clean up after yourself (i.e. uniforms, athletic bags, trash, water bottles, etc.)
- 11. Keep up on your schoolwork and attend study sessions when any grade drops below a B.
- 12. Handle all conflicts with teammates and coaches early, tactfully, and directly.

District and League Rules

- 1. **Parents** must attend the **Mandatory Parent** meeting in the school cafeteria on Tuesday, Sept. 3, 6:00 7:15 p.m., before their student athlete can compete in any matches.
- 2. Student athletes must attend **ten (10) complete practices** before they are eligible to participate in any game, match, jamboree, or tournament.
- 3. Student athletes must be on time to school and attend all classes in order to play that day.
- 4. Certified adult staff must be present for students to set up or use equipment and/or use the gym.
- 5. Student athletes must ride the bus for "away" games unless approved in writing by the coach and school Athletic Director at least 24 hours in advance.
- 6. Student athletes must keep their grades above a 2.0 for the entire season to be eligible to play.
- 7. Student athletes shall not use drugs or alcohol nor attend social functions where these substances are present and being used by minors.
- 8. Non-compliance to the above rules will result in non-play time or other disciplinary actions.

Varsity Letter Requirements

The Volleyball Varsity Letter award shall be presented to athletes who participate in 50% of scheduled games/matches, consistently support their teammates and/or play a vital role in the success of the team.