

Women's Volleyball Standards & Expectations

1. GENERAL PURPOSE FOR BEING AT EOU:

- a. To get an education and graduate
- b. To participate in a successful volleyball program
- c. Personal growth
- d. To develop lifelong friends

2. IT IS THE RESPONSIBILITY OF OUR COACHING STAFF TO ASSIST YOU IN ACHIEVING THE ABOVE: WE WILL DO THIS BY:

- a. Monitoring your courses and grades to ensure you are faithfully attending class and doing the work necessary to graduate
- b. Providing you the opportunity to participate in a volleyball program that will build your skills and knowledge of the game
- c. Placing you in a positive environment that will allow you to excel on and off the court

3. STANDARDS AND EXPECTATIONS TO ENSURE THE ABOVE:

a. Appearance:

- i. Practice gear will be required
- ii. Your practice gear can be laundered, and your game uniform will be laundered for you by the equipment manager
- iii. Team travel attire on road trips to and from games will be specified prior to departure
- iv. Turn your game uniform in immediately after the game
- v. Your appearance is a direct reflection of our program-dress appropriately
- vi. No team volleyball attire at parties or the bar
- vii. The team room will be kept neat. Take pride in your team room

b. Academics:

- i. You are expected to attend class regularly and on time. Attendance will be monitored periodically. We require that you sit in the front half of the class

- ii. You will not be excused from practice for the purpose of completing assignments or preparing for tests. Be sure you are managing your study time appropriately
- iii. You will be asked to take advantage of all academic resources available to you on campus (study sessions, study tables, math lab, writing lab, etc.)
- iv. You are expected to complete your four year plan by the end of fall term of your first year
- v. Meet all academic appointments and obligations
- vi. You must adhere to all requirements in the Academic Playbook

c. Conduct on and off the court:

- i. EOU Student Athlete Code of Conduct will be strictly enforced
- ii. Don't do anything that is detrimental to yourself. If it is detrimental to you, it is detrimental to our program and EOU
- iii. Respect teammates, coaches, campus community, and officials
- iv. Rudeness will NOT be tolerated
- v. Always use appropriate language
- vi. No cell phone use in team meetings, team dinners, pre-game or post-game talks
- vii. We need everyone to have a positive attitude. Believe in yourself and show it-believe in each other and tell them

d. Practice Organization

- i. Be on time (10 minutes early)
- ii. You must follow all treatment plans set up by your athletic trainers, adhere to all training room rules
- iii. Hustle everywhere. Working hard is not an option....it's a standard
- iv. Bring a determined work ethic to practice. In every drill, in each scrimmage, in everything we do, give it your all. The only way to fail is to fail in effort.