

Volleyball Team Rules

1. Be respectful and coachable.
2. Practice starts on time (shoes on, knee pads up, out of the training room, etc.). Be prepared to travel, on schedule and be punctual to all pre-match meetings.
3. Report all injuries to the trainers as well as to me. Allow enough time for their care before practices and games.
4. Wear designated practice gear in practice.
5. Late Policy: If you know you are going to be late, let me know in advance.
 - a. Don't be late
 - b. First two time: sprints
 - c. Third time: sprints and conference with the coach
 - d. More than three times: suspension possible
6. Absence Policy: If you know you are going to be absent, let me know in advance.
 - a. Don't be absent
 - b. First time: sprints and conference with the coach
 - c. More than one time: suspension
7. Alcohol/Tobacco Policy:
 - a. BE RESPONSIBLE! You represent the team as well as your college
 - b. If you are under 21 it is illegal for you to drink
 - c. NO tobacco
 - d. NO alcohol 72 hours prior to competition and NO alcohol 24 hours prior to practice (if you are of age)
 - f. See college Code of Conduct for consequences
8. Sick/Injury Policy:
 - a. Be responsible, let me know if you are either of the above in advance
9. Study Hall Policy:
 - a. All players are required to attend 2 hours per week in a team setting. Freshman and transfers are required to attend 4 hours per week until midterm grades are determined
10. Conflicts should be taken care of directly with the parties involved, with the supervision of team captains. Situations should be handled honestly and responsibly. If the conflict gets out of hand, bring the situation to me.