**Licking Heights High School**

**Hornets Volleyball**

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**Volleyball Information Packet**

**Parent/Player Contract**

**Welcome:** Congratulations and welcome to the 2019 Licking Heights Volleyball team. You have been chosen to represent Licking Heights High School on and off the volleyball court, and we are excited about each player that has been selected to contribute to our teams. These girls were chosen out of many who tried out; it is a big accomplishment, and now it is time to get to work.

**TEAM RULES:**

1. The fundamental rule is **RESPECT**, respect fellow players, parents, coaches, officials, and fans. **SPORTSMANSHIP** comes first, and yellow cards, red cards, and foul language will not be tolerated. Our sportsmanship will be second to none.
2. **BEHAVIOR BY PLAYER OR PARENT** that is **detrimental** to the **TEAM**, will result in loss of playing time and possible player **DISMISSAL**. Be **SUPPORTIVE** of your teammates and coaches. Promote **UNSELFISH** play and **TEAMWORK**.
3. **Coaches will not discuss playing time** at matches. Although it is our philosophy that all players receive some playing time, **playing time is not guaranteed**. We will be glad to meet with parents and players in private about any concerns they may have and what measures will help to possibly increase playing time. Coaches will not respond to COMPLAINTS or “venting” by e-mail.
4. **NO COACHING** from the stands. **BE POSITIVE** and support your daughter, other players, coaches, and the Team. CHEER LOUDLY! But no complaining about the referees, other team or other parents. **PERIOD.**
5. **Rules and policies of Licking heights will be strictly enforced**.
6. Please inform coach of **excused absences** in advance for matches and practices, **by signed written note from parent only**. No verbal excuses from the player. Excused absences include attending funerals, illness, approved school functions, attending important family functions that can’t be scheduled at another time, etc. Absences that are not excused include family vacations, leaving town early on a weekend, birthday parties, concerts, and other discretionary absences. We generally do not practice on Saturdays, but attendance at Friday practices is expected. We are reasonable about excused absences, but they must be legitimate**.**
7. If a player does not attend school due to illness, or leaves school early due to illness, they are not allowed to compete in a match or practice that day by school rule. Anytime a player doesn’t attend school or leaves school early due to illness on the day of a match, please contact your coach immediately by phone or e-mail, just as you inform the school. Lineups are made in advance, and much thought is put into giving everyone playing time while maintaining a competitive team. **If you are going to miss a match, you must inform your coach immediately, so that an adjust to the lineup**.
If you miss a match and did not inform your coach in advance, you will not play in the next match, at a minimum. If you show up for a match which you were not supposed to be there, you may not play in that match. If a player misses school, and therefore practice, due to illness, the coach must be informed by phone, e-mail, or written notification, or the absence will be counted as unexcused.
8. **Arrive at all matches 45 minutes prior to MATCH time**.
9. **Practices start on time and end on time**. Excessive tardiness will result in loss of playing time. If your daughter participates in another activity that conflicts with practice time, please come talk to coaches, and we will work something out. Coming late to practice or leaving practice early, falls under the same policy for excused absences, which requires written notification for legitimate reasons.
10. All players are to **participate fully** **in** setting up the **equipment** and giving good “undistracted” effort during the drills. Heed the instructions of your coaches, and the Team Captains, leading the drills.
11. **No talking when coaches are speaking** Pay attention to drills when not participating. There is plenty of time to socialize before and after practice, and during breaks. **No use of cell phones or other electronic devices** during conditioning and practice.
12. **PRACTICES ARE CLOSED** and parents should not attend practice.
13. It is **expected** that parents volunteer to help where and when asked. Not limited to line judges, score keeper, libero tracker, score board operator. Our program functions with the parents help, it is a **must have**!
14. All players should **HAVE PRIDE** **IN** the **Licking Heights Volleyball program.**

**Practice Schedule:** Coaches have set practice times for each team. There may be an occasion when practice time is changed or practice is canceled, but this is the exception. The girls need to come to practice ***PREPARED*** t-shirt, shorts, kneepads, athletic shoes (volleyball), and a water bottle (not bottled water).

**\*\*PRACTICE SESSIONS ARE CLOSED TO THE PUBLIC. THIS INCLUDES PARENTS, FRIENDS, ETC…. \*\***

**Communication:** All questions and concerns will be addressed post-practice should time permit. Additionally inquiries can be submitted via email or Band (our communication tool of choice). The coaching staff is exceptionally approachable.

**Transportation:** Parents are responsible for transporting players from practices and from Licking Heights High School after matches. Athletes should be picked up from the facilities no later than 15 minutes, after dismissal from practices or arrival back to school**.** Busing is provided for away matches – all players must ride bus to and from match – no exceptions unless cleared by the athletic office prior to departure.

**Playing Time**: Playing time in matches is NOT GUARANTEED. LHHS does not have a mandatory playing time rule like recreational play. Players will earn playing time in practice. We judge playing time on hustle, attitude, skill level, classroom behavior and grades, and overall performance.

**\*\* If you ever have a question about your daughter’s playing time, we will be happy to tell you what she needs to work on in order to get more playing time. We expect your daughter to ask first before you as a parent ask. Please follow the 24 hour rule; meaning email or call the coach next day if you have an issue, which allows emotions to settle. Please note that we will never allow you to criticize or compare your daughter to another girl on the team. \*\***

**Grades and Behavior:** Grades come first, PERIOD. The athletes are STUDENTS and are required to make good grades and start developing into young women that will be successful in high school and in life. Players must have acceptable grades and above on all report cards and progress reports. Failure to do so will result in the restriction.

**Classroom Behavior:**

If player is disciplined for behavior in class or at school, possible playtime may be impacted. Players represent themselves, families, school, team, and me – we will be great examples of good sports and have the highest level of character – always!

**Practice/ Game Behavior:** The athletes are to abide by the following rules at all times:

1. No cellphones/ technology devices can be in use during practice or during matches.
2. No horseplay including, but not limited to dancing on the court/in stands, placing balls under their shirt, making inappropriate contact with other players, etc.
3. All athletes are always expected exhibit sportsmanship and support for teammates. Negative comments or gestures will not be tolerated.

**\*\*\*Fighting is prohibited (bullying/cyber-bullying) will result in immediate dismissal from the program.** \*\*\*

**Agreement Contract**

I agree to all the previously mentioned terms listed for the Licking Heights High School’s Volleyball program. I understand my responsibilities as a player/parent, and I will do my best to fulfill my duties as part of this team. I also understand that when I am on the court I am representing myself, my coach, and my school, and I will represent them to the best of my ability. I know and understand the consequences if my actions fail to meet the expectations of the LHHS Girls’ Volleyball program.

 Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Email Address:

Player Cell Phone Number:

Player’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **\*\*\*\*\*ADD ADDITIONAL EMAILS YOU WOULD LIKE ON THE EMAIL LIST\*\*\*\***

Additional email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Relation to player: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Additional email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Relation to player: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_