

May 2021

## CARLISLE WOMENS VOLLEYBALL EXPECTATIONS

**In an effort to promote EXCELLENCE in the Carlisle Volleyball Program and myself:**

I agree to follow all Carlisle Area School District policies and rules throughout the season. These include, but are not limited to: Attendance and tardiness guidelines; grades and academic standards; smoking; use of alcohol or illegal drugs; any type of illegal behavior; etc. ***Failure to follow these will result in school-imposed consequences as well as any consequences related to the team as decided on by the coaching staff and/or Athletic Director.***

### 1. COURT BEHAVIOR

#### A. Practicing Good Sportsmanship

- i. Show respect for all aspects of the game (teammates, coaches, opponents, referees, spectators, etc.)
- ii. Maintain a positive attitude and be coachable
- iii. Obey each opposing gyms rules as you would your own

#### B. Game Day Expectations

- i. Always be prepared for games, and team events (including, but not limited to sports equipment, and uniforms)
- ii. Sit as a team at events, and show support for your fellow teammates

Court behavior not only represents an individual player, but it also represents our team as a whole. Each player is expected to follow team rules, respect and support everyone.

Disobeying proper court behavior will lead to consequences determined by the coaching staff, or athletic department depending on severity of situation

### 2. ATTENDANCE AT TEAM EVENTS

#### A. Game day attendance

- i. Arrive to the gym on time for home and/or away event bus departures

#### B. Practice Attendance

- i. Be sure to arrive at the gym early enough dressed in practice attire, and have the net set up by the beginning of practice time

Tardiness and/or missing team events may affect your playing time. Depending on the situation, the play time may have to be determined by coaching staff.

### 3. TEAM COMMUNICATION

#### A. Missed games and practices (or tardiness) due to illness

- i. Must notify a coach(s) at least the morning before scheduled event
  - 1. *A doctor's script is encouraged*

#### B. Missed games, and practices (or tardiness) due to doctor's appointments, school events, or college visits

- i. Must notify a coach(s) ASAP and, if possible, at least 24 hours in advance to scheduled event.
  - 1. *A doctor's script is encouraged*
- ii. Try to coordinate these events in accordance with practice and game schedule to the best of your ability

(As stated above: tardiness and/or missing team events may affect playing time. With proper communication and valid justifications this may be waved due to decisions between the coaches, players and potentially the parents of said player)

#### C. All injuries must be communicated between coaches, trainers, doctors, and parents

- i. All injured players are still encouraged to participate in practices by showing support to their team
  - 1. *This does not include players that are participating in physical therapy, which needs to be communicated with coach(s), a doctor's script is required*

#### D. Advancement in deliberating concerns with coach(s)

- i. Coach(es) and player meeting
- ii. Coach(es), player, and parent meeting
  - 1. *Must be scheduled, and must contain all parties*

"24-hour rule" is encouraged, and will be implemented. No communication (phone call, text, email etc.) will be accepted until 24 hours after incidence. However, in person communication directly before the next instruction session, or practice will be excepted.

#### E. COVID-19 and CDC Guidelines

- i. Communication is strongly encouraged in regards to COVID-19
  - 1. *Communication/missed practices due to COVID-19 reasoning will NOT be held against the student athlete*
  - 2. *Student athlete must acquire the appropriate accommodations and doctors script to be cleared for this stipulation*
- ii. Carlisle follows all CDC Guidelines and accommodations

**ALL RULES AND EXPECTATIONS ARE SPECIFICALLY ACQUIRED BY THE COACHING STAFF OF THE WOMENS VOLLEYBALL TEAM. FAILURE TO COMPLY WITH THESE EXPECTATIONS WILL RESULT IN PUNISHMENT MANDATED BY THE COACHING STAFF, AND/OR ATHLETIC DIRECTOR AND WILL BE COMMUNICATED WITH PLAYER AND**

**PARENTS OF PLAYER. THIS COULD INCLUDE, BUT NOT LIMITED TO, LOSS OF PLAYING TIME, SUSPENSION, OR EXPULSION FROM THE WOMENS VOLLEYBALL TEAM.**