



Hamilton Southeastern 7th Grade Girls Volleyball

Welcome to the HSE Volleyball Family. Please review the following information and rules before the parent meeting that will take place on _____ at _____ p.m. in the **Panther Hall Cafeteria**.

As we begin this season, it is important to communicate our expectations for every player who is now a part of the team. The coaches appreciate your support as we not only develop your daughter athletically but help her grow also academically with the highest level of character.

Conduct & Expectations:

1. Conduct in and out of school must be representative of the highest standards set forth by HSE Athletics. The Student-Athlete & Parent Handbook rules will **always** apply to all members of the team.
2. Any conduct by any player or players that does not reflect well on our school and volleyball program (in school or out of school) will result in consequences on the volleyball court. Repeat offenses or extreme offenses may result in removal from the team.
 - a. Examples: Disruptive class behavior, disrespectful behavior toward coaches, teachers, teammates and/or referees, receiving any kind of yellow/red card during matches, detentions, cussing, displaying bad sportsmanship, stealing, destruction of property, drug or alcohol use, etc.
3. Any negative report from a teacher will result in consequences for the player. Volleyball players are expected to show leadership and set a good example in the classroom at all times.
4. You make a commitment to this team and are representing your school **AT ALL TIMES**. School Volleyball must come first over other activities. IHSAA Rules prohibit *high school* students from participating in external teams during the school season. This does not **YET** apply to the junior high level, however, the more sporting activities your student-athlete is involved in at once, the higher chance for injury. Developing student-athletes **CAN** incur injuries from too much playing time. Student-athletes, particularly at the junior high level, are students **FIRST**. Their proper development (academically, socially, and emotionally) is top priority. Please keep this in mind as we work to develop a well-rounded **STUDENT-athlete**.
5. Players utilizing social media should keep in mind, before posting **ANYTHING**, that they represent **HIJ Volleyball** and to a greater extent the **HSE School District**. Any posts **SHOULD NOT** reflect negatively on them or the **HIJ Volleyball Program**.

Practice Rules and Expectations:

1. All practices are closed. This means only coaches, players, and managers are permitted to attend.
2. Be on the court, dressed and ready to go at the designated start time.
3. If you are going to miss practice, it is the player's responsibility to notify coach as soon as possible. All players will have my school e-mail address, and should e-mail about missing any practices (jpruzinskis@hse.k12.in.us)
4. Excused absences include: illness, family emergencies, and religious holidays.
5. If you miss practice the day before a match, expect not to play or to play less in the match.
6. Missing practice for discipline reasons at school, including detentions, will result in a loss of playing time.
7. Vacation is NOT an excused absence and may result in a decreased role as well.
8. If you have any conflicts with practice, please discuss with the **Coach P.** to find a solution!

Practice Attire/Lockers:

It is important each player has proper attire, including an HIJH shirt, black spandex, and volleyball shoes. Weekend cleaning of practice attire is expected. Game jerseys will be washed by coaches or trained managers. Players will be provided with a locker and lock to keep their gear, towels, and personal hygiene products.

Pick up:

Pick up of players should happen no later than 10 minutes after the end of practice. Pickup is outside of doors 3, 4, & 5. Please make sure you have made arrangements for your daughter to be picked up at the end of practice. I appreciate your assistance in making sure I can leave on time to get home to my own family.

Game Day Attire:

1. For Away Games: dress attire should be "business casual". Dresses, skirts with tops, or khaki shorts with a nice shirt are all appropriate options.
2. For Home Games: dress attire will be an HIJH volleyball t-shirt with shorts or pants. If you wear shorts, your shorts must be visible under your HIJH volleyball t-shirt, so tuck it in, or order an appropriate size!
3. Volleyball shoes and socks need to be blue, white, black, or gray as primary colors or approved by the coaches.
4. NO NEON SOCKS or SHOES.
5. Game time attire will be: Home or Away jersey & black spandex (provided BY each player), blue or white volleyball socks, and volleyball shoes.
6. Uniforms will be maintained at school and are NEVER to come home with the players.

Games:

1. Students must be in attendance at school for at least 3 full periods to participate in an athletic contest.
2. **Students who skip classes the morning following a game & do not have a doctor/dentist/orthodontist note will not stay for practice that day, and potentially lose playing time in the next game. SCHOOL COMES FIRST!**
3. Players will stay after school for road games and go home before returning for home games.
4. All players must dress for the volleyball matches, regardless of playing time. No eating or leaving for concessions during the games. Players must be on the bench to support their teammates. NO headphones/earbuds during games.

5. 7th grade team plays first, best 2 out of 3 sets. First 2 sets are to 25 points, NO "win by 2". The third set is to 15, WITH "win by 2". 7th grade will stay to cheer on our 8th grade teammates.
6. **Players who receive a yellow card or red card** during the game may not play the remainder of the game and have further consequences decided by the coaches & AD. You represent HIJ Volleyball and HSE Schools AT ALL TIMES.
7. All players will ride the bus to and from games with the team. This policy aligns with HSE High School and being 1TEAM with 1GOAL. We will do everything as a team.

Parents:

1. Please remember that we are trying to instill the value of TEAM success into our players. Please refrain from any negative comments towards coaches, other players, and/or referees as this will likely have a negative effect on the team. Please ALWAYS try to be POSITIVE and ENCOURAGING.
2. **Playing time is NOT NEGOTIABLE.** Playing time is earned based on: how coachable a player is, focus/effort in practices, regular practice attendance, level of conditioning, and whether there is carryover from practice to match situations.
3. **Players** may talk to coaches about how they can improve and gain playing time. Coaches will not discuss this unless it is discussed with the player first. The coach sees the athletes two hours a day during the season. If your daughter is not playing as much as she wants, it is because your daughter chose not to have the appropriate attitude, work effort, focus, and/or did not learn from her mistakes in practice.
4. **Parents should NOT coach their kids from the stands.** It is important for the players to see that coaches are respected and that parents honor their daughter's coach, despite the circumstance. If a player is listening to mom & dad (by looking in the stands) or responding to parent coaching, she will be pulled out of the game and benched. Teach your daughter to work and support the coach's decisions.
5. If your daughter has a concern or question about her position on the team, it is her responsibility to ask the coach firsthand. Your daughter is becoming a young woman and needs to learn how to advocate for herself and be a problem solver. I want your daughter to be able to communicate with the coaching staff in an adult-like manner before entering the high school program

Coach Contact Information:

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PASSIONATE
ACCOUNTABLE
NURTURING
THANKFUL
HUMBLE
ETHICAL
RESPECTFUL
STEADFAST