



**SOUTH FAYETTE
VOLLEYBALL CONTRACT
2004**

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From the Coach

To Athletes and Parent(s)/Guardian(s):

South Fayette Volleyball is a program dedicated to developing athletes able to consistently compete at the highest levels, promoting lifelong fitness, and creating a positive and rewarding athletic experience. We take pride in the performance, dedication and attitude of our athletes.

It is the coach's pledge to continue to organize, conduct, and maintain the highest quality of volleyball and provide the most valuable experience to the players in the South Fayette Township School District. To support that goal, this Contract has been created in order to clarify the volleyball program guidelines.

Please read the Contract carefully and be sure that you fully understand the rules and policies completely. All members of the South Fayette Township School District Volleyball Team will be held accountable for these rules and policies. After reading, please sign the Contract. Return the signed portion of the document and keep the rest for your personal records. If you have any questions, please contact me.

Sincerely,

Scott Sundgren
South Fayette Township School District
Head Volleyball Coach
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Defining South Fayette Volleyball

Principles

South Fayette Township School District and the community endorse involvement in athletic activities that contribute to a healthy school culture. Membership on a volleyball team offers a unique opportunity for personal growth, leadership, and athletic achievement. The attitude, dedication, and enthusiasm of the athletes are just as important as the skills involved in volleyball. Players on the volleyball team must be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct, and the performance of all responsibilities related to the volleyball team. Furthermore, players must demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

Objectives

1. Develop volleyball skills, general game knowledge, and a appreciation of sport and competition.
2. Encourage participation in a wide variety of activities during multiple competitive seasons.
3. Develop and maintain high academic standing.
4. Assist athletes in the development of athletic and leadership skills.
5. Develop effective time management strategies.
6. Develop socially through cooperation, competition, and appropriate standards of behavior.

Purpose

1. Teach fundamental and advanced volleyball skills.
2. Promote volleyball in the school, district, and community.
3. Represent the school to the highest degree.
4. Promote philosophies of lifelong fitness and health.
5. Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
6. Promote friendship with each other and with teams with whom we compete.

Code of Ethics

1. Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry, or economic capability.
2. Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
3. Abide by all school, district, and league rules.
4. Show courtesy to all visiting teams, competitors, hosts, fans, and officials.
5. Respect the integrity and judgment of all officials.

Volleyball Program Rules and Regulations

Athletes understand that teamwork and the maintenance of discipline are keys to the success of the volleyball program. Players are dedicated to promoting good sportsmanship, enthusiasm, and a positive winning attitude through example. Adherence to the Volleyball Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform or during games and tournaments, directly reflects on the entire team and school.

It is recognized that these rules and regulations are necessary to maintain team morale, team and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general wellbeing of each individual athlete. Participation in volleyball is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by school personnel when an athlete violates the rules and regulations.

Eligibility

1. For each week and grading period, members must maintain the required grade point average designated by district eligibility requirements.
2. Players must maintain good attendance, class performance and teacher recommendations during the time on the team.
3. All members must have a physical and signed contract on file with the head coach within the first week of practice.
4. Volleyball must take priority over all other extra-curricular activities (including jobs) for the entire season.
5. All practices, tournaments, and games are mandatory.
6. All athletes are expected to take part in fundraisers.

Conduct

1. Promoting good sportsmanship by way of example is required at all times. Players must not use foul language at practices, in school, at games, tournaments, etc.
2. Public displays of affection are never considered appropriate, especially in uniform, at games or in school.
3. Proper appearance is required at all times, with clothing appropriate to the occasion.
4. By being part of the volleyball team and an athlete, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community, and at all school functions where you are recognized as a representative of South Fayette Township School District.
5. Players must cooperate with all faculty members, team members, game officials, and coaches.
6. Volleyball players must display proper behavior in class, including being on time, not skipping class or cheating on course assessments.
7. Each case of discipline will be judged individually. The coach, with the assistance of the administration if deemed necessary, has the final decision in any discipline situation.
8. Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Severity of, or repeated offenses, may dictate harsher action.

Absences

1. One person being absent affects the entire team. It is important not to inconvenience the practice time of the entire team by being absent.
2. Absences should always be avoided when possible.
3. Per district policy, no student who has missed school due to illness can attend a match, training or practice in which the team is participating that day.
4. Per district policy, any student who arrives late to school past the designated time without an excuse cannot participate in a match, training or practice in which the team will participate that day.
5. Absences must be excused by a note from a doctor if you had an appointment or a call or email from your parent if you are sick.
6. Missing the last scheduled practice before a game or tournament will result in the individual not playing during the first game or tournament match the next day.
7. Absences due to work schedules are unexcused. Jobs must work around the volleyball schedule.

Practices

1. Players must arrive to practice or training sessions on time, wearing proper shoes and clothing.
2. Hair needs to be out of the eyes and in a secured ponytail if shoulder length or below.
3. No jewelry should be worn during practices at any time.
4. Cell phones should be turned off during the entire time of practice. Messages can be checked at the end of practice, not during.
5. Safety is our first priority.

Matches and Tournaments

1. All matches, tournaments, training sessions, meetings, and related activities scheduled by the coach are mandatory.
2. On home game days, Junior Varsity members are required to arrive at 5:00. Varsity Members are required to arrive at 5:30. On away game days and tournament days, athletes are expected to arrive 15 minutes prior to the scheduled bus.
3. All players must know all the plays, serve receive formations, and responsibilities for the match.
4. Members are required to dress in full uniform.
5. Hair must be pulled back away from the face and secured in a ponytail if shoulder length or below.
6. White knee socks, knee pads, and Active Ankles® are part of the uniform and are expected to be worn.
7. Make-up should be worn in moderation.
8. No jewelry is permitted including hair clips. Nails need to be cut short and kept clean.
9. Socializing with friends during warm-ups, Junior Varsity, or Varsity games is not allowed.
10. Cell phones should be turned off during the entire match or tournament. Messages can be checked at the end of the game, not during.

Uniforms

1. Uniforms must be cleaned. This includes knee pads and socks.
2. Team athletic shoes must be clean.
3. No jewelry is allowed during practices, scrimmages, matches or tournaments.
4. Fingernails must be sports-length. Nail polish, if worn, must be clear or natural color.
5. Hair must be in a secured ponytail if shoulder length or below. Bangs must be out of the eyes.
6. Players can wear their uniforms or team outfits to school on game days as designated by team captains.

Playing Time

Playing time is a sensitive subject on any high-level volleyball team. I want you to be clear about my expectations and how I make my decisions.

1. You must learn to play one of the following roles:
 - a. leader
 - b. winner
 - c. stabilizer
2. You must display strong interpersonal skills.
 - a. Be an energy producer.
 - b. Resolve conflicts.
 - c. Be a giver, not a taker.
3. You have to develop a strong skill base as measured by our statistical evaluation system.
4. You must display a commitment to the Volleyball Contract.
5. You must display a competitive attitude during practice and in competition demonstrating focus and intensity.
6. You must display a commitment to strength training, conditioning, nutrition, and solid sleep and rest habits.
7. You will also be evaluated according to several "intangibles," such as your ability to inspire others, your ability to play well during critical moments in a match, your ability to be an "athlete," and so forth.

Clarifications:

1. If you are not on the court during a match you might decide that you have read my mind and know my reasons for playing-time decisions without hearing them from me. Do not assume that you know. Many factors may be operating, such as limited substitution patterns, preferred match-ups, or the quality of your practice performance leading up to the match. If you want clarification regarding your playing-time status, select a time apart from practice or competition and talk to me about my decisions.
2. I will attempt, whenever possible, to provide playing time for every athlete on the roster. But these opportunities cannot be guaranteed. And when they do or do not occur, my perception of when they should occur may not coincide with your perception.
3. Understand that above all, playing-time decisions are motivated by my obligation to produce a team that will defeat our opponent. I will always put the players on the floor who I think have the best chance to win.
4. It is likely that at some point you will disagree with my decisions. This is to be expected at this level of competition. Your job is to control your emotions and contribute to team chemistry.

Transportation

1. Transportation is the responsibility of the individual for attendance to home games and practices or bus departures for away games and tournaments.
2. If a player wishes to leave an event with a parent/guardian instead of riding the bus, then a written note from the parent/guardian must be turned in to the coach and the principal (high school only) prior to the event.

Discipline Policy

1. When a player has received two discipline warnings, she will receive formal counseling with the head coach.
2. On the third warning, the player will be placed on probation.
3. After the player is placed on probation, one additional offense results in a suspension. A notice of suspension will be sent home to the parents. A contract will be signed by the student, parent, coach, and administrator.
4. If a player has been placed on suspension and is reinstated, any additional offenses will result in dismissal from the team.
5. The following violations will be grounds for immediate dismissal from the volleyball team: underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances. Failure to leave a party, function, location or event where the aforementioned items are evidenced by a team member could result in dismissal from the team as well.
6. Players should be present at all scheduled practices during the season. All other activities must be scheduled around these practices.
7. The only valid (legitimate) excuses for missing a game or practice are illness or a death in the family. After school jobs, babysitting, transportation, and homework are **not** considered valid excuses for absences from games or practices.
8. Missing practices with valid excuses can still lead to reduction in playing time, due to not physically being available to practice or not having developed the required skills.
9. Penalties for tardiness:
 - 1st tardy - Verbal warning
 - 2nd tardy - Second verbal warning
 - 3rd tardy - One game suspension
10. Penalties for unexcused absences:
 - 1st absence - Verbal warning
 - 2nd absence - One game suspension
 - 3rd absence - Removal from team

During game suspensions, the player will sit in uniform on the bench for the entire match.

Program Finances

1. Uniforms are to be kept in good condition and clean at all times. Uniforms ruined, lost or stolen will be replaced by the individual at her own expense.
2. If a member is removed from or chooses to quit the team, they are still responsible for payment of all items ordered.
3. Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.

South Fayette Volleyball Code of Conduct

As a Lion volleyball player...

1. I will work hard to tell the truth in my interaction with teammates and coaches.
2. I will learn how to set goals, live by them, and develop a lifestyle that will produce success on the court.
3. I will overcome the urge to complain, think negatively, backstab, take part in cliques, act selfishly, or to engage in any other unnecessary behavior that disrupts team chemistry.
4. I will maintain my academic life on a solid foundation throughout my career, never creating problems for the team because I failed to take care of my academic responsibilities.
5. I will be loyal to my teammates, to my coaches, and to my program. I will not air "dirty laundry" outside the team fabric.
6. I will become an ambassador of our program, going out of my way to make friends and boosters feel great about being around South Fayette volleyball.
7. I will learn the principles of positive reinforcement and apply them in practice and competition.
8. I will show frequent and genuine appreciation to those who work on our behalf (managers, administrators, support personnel, etc.)
9. I will comply with the acknowledgement rule at all times (using good listening, verbalization, and eye-contact skills.)
10. I will operate with a high level of gratitude and respect for what has been provided for me in this program (e.g. keeping locker and team rooms clean, picking up after myself at practice, turning in equipment and apparel in acceptable fashion, never forgetting to bring handouts to meetings, keeping busses neat during use, etc.) and I will do all of this with a sense of pride.
11. I will be accountable for all team requirements (e.g. completing tasks on time, being dependable, being on time, etc.) and I will do this with a sense of pride.
12. I will learn to anticipate upcoming responsibilities. I will not fall into the disappointing trap of hiding from issues, being the last to raise my voice when something needs to be taken care of.
13. I will learn to be aware of the effect of my mood swings on people around me and to keep these swings within a reasonable variance.
14. I will eliminate the use of obscenities during practice and competition.
15. I will accept the decisions of the coaching staff regarding playing time. I will support my teammates when I am not in a match.

(Shondell et al. 23)

Bibliography

Shondell, Don , and Cecile Reynaud. The Volleyball Coaching Bible. 1st ed. Champaign: Human Kinetics, 2002.

South Fayette School District Athletic Code - 2004/2005

Terra Linda High School Athletics Program

Acknowledgement

I have read and understand the 2004 South Fayette Township School District Volleyball Contract. I agree to follow these rules and policies and cooperate fully with the other members of the team and coaching staff.

Player's Signature: _____

I have read and understand the South Fayette Township School District Volleyball Contract. I agree to support these rules and policies.

Parent's/Guardian's Signature: _____

Parent's/Guardian's Signature: _____

Date: _____

Please sign and return only this page to the coach. Keep the Contract for your personal records.