

**Alcoa High School
Volleyball Guidelines**

1. All volleyball players are expected to maintain good academic standing in all classes. Our goal is to have the highest team GPA in the school.
* Any player with a grade less than a C in any class at the time the season begins will be ineligible to compete until such grade is raised to a C or better
2. Any player who misses a practice for any reason will miss playing time (the amount to be determined by the coach). The only exception to this rule is an injury that is **volleyball** related.
3. **Playing time will not be discussed** with any parent. (All playing time is ultimately my decision and is based on all aspects of the player) Should a parent wish to discuss his or her daughter's standing or betterment on this team, please give me a 24 hour notice
4. Vulgar language **will not** be tolerated at any time and will result in disciplinary action. (According to the TSSAA, "sucks" constitutes vulgarity and can be penalized with a yellow or red card)
5. Practice will start promptly at 3:45 on Monday - Thursday and 3:20 on Friday and the **team** will be subject to disciplinary actions for anyone being late. (The only exception is for someone in tutoring)
6. **Any confirmed use of tobacco, alcohol, or other illegal substances will result in immediate dismissal from the team as we are examples for the school and community. Suspected use will result in a meeting with myself, the athletic director, the player and their parents/guardians.**
7. **Any act** that embarrasses Alcoa High School, our team, or your family in any manner will result in immediate disciplinary action as determined by the coach.
This includes actions at school, in public, on the court or via social media.
*** This includes PDA in school as well as twitter, facebook, etc. on social networks.**
8. A player's response to a coach's instruction or correction will be either yes sir/ma'am or okay. Disrespect will not be tolerated and is subject to disciplinary action by the coach.
9. Any disciplinary action taken by the school for any player will be considered doubled by the coach except when a more appropriate disciplinary action is taken by the coach(For example: a day of ASD will be considered 2 days by the coach)
10. All players will be required to attend tutoring from the times of 3:05-3:30pm on Monday - Thursday either with Coach Thomas or in another class in which the player requires tutoring help...in such cases, the player will be required to have a form signed by the supervising teacher

ALCOA VOLLEYBALL PHILOSOPHY

1. Being a part of this team is a **privilege** and not a requirement...should you ever feel that this is not for you, don't hesitate to talk to me...I will not love you any less
2. All players are expected to give 100% and go full speed in every drill during practice. Teams which practice well, play well.
3. Don't be concerned or take it personally when I correct you. If I am not correcting your mistakes then you need to be worried. I want you and our volleyball team to be the best we can be.
4. Encourage your teammates constantly. You can instruct your teammate but don't criticize your teammate in any way or in any area. In volleyball, **team chemistry** is everything. I will criticize enough. Your job is to encourage.
5. The only talking allowed during practice is discussion of volleyball. Any off-task conversations will result in conditioning other areas of the body other than the jaw.
6. We will be a team physically conditioned to maintain a competitive level for a long season.
7. Chemistry + Determination + Hard Work = Blount Co., District, Regional, and State Championships
8. God has given you a gift - the ability to play volleyball. What you do with that gift is your gift to God.
9. Attendance at spring and summer workouts is expected but not mandatory. **Great players are made during the off season.** Great teams are made during the season.
10. Every day that you leave the gym, you should be a better player than when you arrived.
11. As individuals, you may not be best friends away from volleyball, but together we should have one goal in mind...to strive to be the best we can be as individuals and as a **team**. Motivate each other towards success when we are together.
12. Finally, know that I love each one of you. My purpose as a coach/teacher is to help you become the best **person/** player you can be.

Our team philosophy can be summarized in one word...**TRUTH**

T - trustworthy (Trust each other and me)

R - responsible (Take responsibility individually and collectively)

U - undivided (It takes a team to win but only one player to initiate losing)

T - teachable (We all must be willing to learn and get better in every aspect)

H - honesty (Without it, none of the other 4 words can happen)

These philosophies and guidelines are tough and require a steadfast commitment and strong discipline. However, they will ensure an opportunity for success at new levels with a team of dedicated players.

**CONTRACT FOR PARENTS/GUARDIANS AND PLAYERS
TO PARTICIPATE ON THE ALCOA HIGH SCHOOL
VOLLEYBALL TEAM**

For parents/guardians:

In signing this contract, I hereby agree to the above stated guidelines and philosophies as they relate to my daughter as a member of the Alcoa High School volleyball team. Should I decide that the policy above is no longer agreeable to me as a parent/guardian, I understand that I have forfeited the rights of my daughter to participate as a member of the Alcoa High School volleyball team.

Signature of parent/guardian

Date

Parent Information: Names, Address, Phone # (home and cell), and Email if available

For player:

In signing this contract, I hereby agree to the above stated guidelines and philosophies as they relate to me as a member of the Alcoa High School volleyball team. Should I decide that the policy above is no longer agreeable to me as a player, I understand that I have forfeited my rights to participate as a member of the Alcoa High School volleyball team.

Signature of player

Date

Player Information: Names, Address, Phone # (home and cell), and Email if available

Signature of Athletic Director

Date

Signature of Director of Schools

Date