**MHS Volleyball Team Guidelines**

1. Never engage in any activity that might be seen as inappropriate and harms the image of Marshfield School District and our volleyball program. Everything we do is a reflection of our team and school. (District rules apply)
2. Never lie to our coaching staff or to a team member.
3. Treat your coaching staff and teammates with respect ON AND OFF THE COURT during season.
4. No cell phones in the locker room. PERIOD. Do not hang out or do homework in the locker room.
5. If you have homework, please try to do it after we eat and before matches start if possible. You are a student first, then and athlete.
6. Sit together (AS A TEAM) at all events. Freshmen need to stay for Varsity matches unless cleared by coaching staff, Varsity and JV need to be at Freshmen games. You may not leave early because you have homework, birthday parties, etc.
   1. Cheer for your teammates. If you want them to get involved in your matches, you need to do the same.
   2. Warm up procedures: Varsity helps with freshmen warm-up, Freshmen helps with JV warm-up, and JV helps with Varsity warm-up. YOU MUST WEAR TENNIS SHOES OF SOME SORT TO HELP. Change after warm-up is finished- NOT before.
7. Be on time to all events and ready to go. Players can ride home with a parent after away matches if signed out by a parent on the form.
   1. On the bus: Cell phones go into the cell phone bag upon entry of the bus. You can have them back on the way home. Call/text parents at Strafford for rides home. Leave the bus cleaner than when we stepped on, otherwise extra conditioning will be earned. BEHAVE!
   2. Cell phones will be placed in cell phone bag upon arrival at home matches (after we eat).
8. Take care of your gear. It was very expensive. If you leave your gear on the bus or in the locker room you must sing to your teammates to get it back. ☺
9. Academic check-ins: Bring progress reports to practice when you receive them. You must maintain a 2.5 GPA to be MSHSAA eligible. Disciplinary write-ups of any kind are inexcusable and will result in a loss of playing time and/or extra conditioning.
10. Players are required to have 14 practice days to participate in matches. Coaches have the option to schedule make-up practices, but these will be on a case-by-case basis and are extremely rare. In other words- you need to be here every day if you want to play.
11. A missed practice, unexcused, will result in a loss of playing time in the next match and extra conditioning. If a practice must be missed due to an illness, your coach must be notified prior to the practice. Do not ask a teammate/friend to do this; a coach must be notified by the player to constitute an excused practice. IT IS REQUIRED TO NOTIFY THE HS OFFICE AS WELL. The coaching staff ultimately determines whether or not a missed practice is excused or unexcused. (This was discussed at parent meeting as well.)
12. All volleyball concerns (areas for improvement, losses, future missed practices) must be brought to the coaching staff by the **PLAYER FIRST.** Only after the player has discussed concerns with the coach should a parent get involved. It is the player’s and coaching staff’s responsibilities to have open communication with each other.
13. We eat before every game as a team at the high school. Players are expected to attend all meals unless cleared by the coaching staff in advance- these clearances are only accepted in important cases.
14. Freshmen are NOT required to attend matches that they are not playing in, but they are expected to attend if possible. Again, we are one team and we support each other.
15. For home games freshmen need to be ready to start warming up at 4:30. This means that at 4:30 the gym is ready for competition (nets up, balls out and counted, etc) and players are out of the locker room- dressed and ready to start agilities. JV/V teams can and should help with the gym preparation and should not leave campus unless cleared by the coaching staff.
16. All other MSHSAA rules apply as well.