

BRHS VOLLEYBALL POLICIES & RULES PLAYER: _____

Play Time: Playtime is never guaranteed. This is not a Recreational sport. We have one of the most competitive teams in the area each year, and we base our playtime off player performance in practice and games. We do play to win, so if you want to be a consistent starter you must earn your position. This is not based off the observations of the parent, but only the Coaching Staff. By signing this, you are acknowledging that your daughter might receive minimal to no playtime.

Varsity Apparel: You will be required to have the following apparel. All players must have Nike team shoes designated by head coach, Black Nike socks (mid-shin), Black Nike spandex, and Black Nike kneepads. Jersey tops are Nike and provided to the player. You can purchase all the gear through our BSN Team shop or online. Team shop will have discounted pricing.

ULTRA ANKLES ARE HIGHLY SUGGESTED (NOT ACTIVE ANKLES). They are expensive, but they can save you a lot of money and pain from a sprained ankle. PLEASE MAKE SURE YOU DO NOT WEAR NIKE FREE'S OR RUNNING SHOES TO PLAY VOLLEYBALL! Talk to some families in our program about the need for these if you want an objective 2nd opinion.

Jerseys: ANY LOST OR DAMAGED JERSEY WILL NEED TO BE REPLACED BY THE PLAYER. **REPLACEMENT COSTS UP TO \$115.00. IF A COACH SAYS TO WASH YOUR JERSEY FOLLOW THESE INSTRUCTIONS: ONLY HAND WASH JERSEYS BY THEMSELVES, AND AIR DRY! DO NOT USE ANY BLEACH! DO NOT IRON JERSEYS. IF YOU ARE UNSURE CONTACT YOUR COACH.**

Practice schedule: The schedule is online and is updated weekly. Please be consistent at checking this schedule for updates. Sometimes practice is cancelled for different reasons. Get into the habit of checking it before each practice. You can access it through www.piratevball.com.

Transportation to Games: You must find your own transportation to games. Parents I suggest you try and set up a carpool with other parents. Coaches cannot personally arrange rides for players per District Policy. If a parent is driving a player that is not their own child they must sign the appropriate district paperwork and provide credentials.

Away Games: Freshman & JV must be at games a minimum of 1-hour before the scheduled start time if they are the first match. FR & JV must also stay for the following match's warm-ups and the first game no exceptions. Varsity must be at the game a minimum of 30 minutes prior to the start of the JV game.

Home Games: FR & JV players must be at all home games to set up 2 hours prior to the scheduled start of the JV match, unless otherwise informed by a coach. Though it makes for a long day FR stays until first set of Varsity & JV players are required to stay to the completion of the Varsity Match. Varsity will break down all equipment. If you leave beforehand it will affect your play time. Varsity Refs FR, FR Refs JV, JV Refs Varsity.

Pick Up Policy: All players must be picked up at the end of the scheduled practice. It is the player's responsibility to communicate any practice time adjustments with parents (Not the coaches). If a player is picked up late from a game or a practice the player can face loss of play time or conditioning consequence. Please make sure that your child is picked up so that the coaches are free to leave. Coaches have family & job requirements and it is extremely important to make sure rides are arranged at the end of practice or games.

Late/Missing Practice: At a minimum you must text a coach to let them know you are running late. You must request permission to not attend practice if you are sick. Being sick is not an automatic excused absence. A Test, school project/report does not count either. More than likely you have known about the project for some time. You must manage your time wisely being a student athlete.

Grades: All Student-Athletes must have a 2.5 GPA or higher. Time management is crucial. Make sure that you do not get behind on your studies and grades early on. If you are having problems, it is better to let a coach know ahead of time. We can get you extra help and many of our Varsity players are in honors or AP classes and can their help JV teammates.

2021 Braden River High School Volleyball

Player Rules

Players will treat coaches, teammates, fans, opponents, and officials with respect and show good sportsmanship.

Players will show good sportsmanship during events, practices, tournaments, matches, and any time in public, especially while wearing Braden River volleyball apparel.

No profanity will be used at any time while representing Braden River High School.

No use or possession of drugs (including steroids), tobacco products, or alcoholic beverages at any time.

No use or possession of e-cigarettes or vaping products.

No fighting within the team or with anyone outside our team at any time.

Players will follow all school rules and FHSAA rules and policies.

Players will be at practice dressed, stretched and ready to go before the scheduled time by the coach (not dressing once the beginning of practice is schedule).

Players will be at volleyball events when coach designates (Typically 2 hours before home games, 1 hour before away games).

Players must wear appropriate attire during all times when concerning practices, events, and games.

Players will not change shirts or jerseys in public. They can only do so in the locker room or restrooms.

Players will not post any inappropriate comments on a social media sites about the team, other teams, coaches, players, or individual opponents.

Players, it is your responsibility to communicate with your parents about any volleyball related issues (practice/match times, scheduling changes, paperwork,

fundraisers, accurately reporting of coach/player discussions, etc.). If you fail to properly communicate with parents & coaches, there could be a consequence including loss of play time or additional conditioning.

After Aug 2 all practices are mandatory. Failure to attend could result in 10 full court suicides before next scheduled practice or match. You must ask permission from the coach to miss practice regardless of illness or injury.

Managing time is crucial to maintain a high GPA & a high performance at volleyball. Do not procrastinate on projects or studying for exams. If you need help, please communicate with coaches. Our goal is to have the highest GPA of all sports at BRHS. Missing practices/matches because of schoolwork is not permitted. You must manage your time wisely.

Parent Rules

Note to Parents:

Parents, you are a big part of our program with the time you devote driving your daughter to and from practices and games, along with fundraising and working team events. We appreciate all the time and effort you put into your daughter. Everyone wants to see their child play, have fun, and be successful. Unfortunately, there are usually 7-9 players used in a game, and 12-15 players on a high school team. That means players are going to sit. Our program at Braden River is a type of team that is playing to win, not give equal play time. Our coaches are coaching to win, and we expect our athletes to play to win. Your daughter could see minimal to no playtime. This is the decision of the coach and coach only. Please remember this when cheering your daughter's team on. Any negative words, comments could impact your daughter's playtime and position on the team.

Parent's role on the team is to cheer on the team in a positive way, support and encourage your daughter to communicate with their teammates and coaches in a productive manner. Making threats against the coach, school, or other players and parents will not be tolerated and could result in dismissal of our daughter from the program.

Coaches will only discuss playing time, and volleyball related issues with players and **NOT** Parents. If a parent approaches a coach about playing time or any other volleyball related team issue before their daughter does, they could lose playing time for not following team rules. The length is at the coach's discretion.

Mandatory 24-hour rule

If you are concerned about a volleyball related issue that requires you speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are more productive. While at a match or practice, never confront a coach or attempt to discuss your daughter's playing time, role on the team, comparing her to other players, or other aspects of her participation.

Pick Up Policy

Players need to be picked up at the end of the scheduled time for practices, games, and events. Coach's typically have other jobs and events to attend after the match or practice. Please respect this and make sure you are 5 minutes early to pick up your child or arrange a ride for them. Failure to do so could result in player consequences including loss of play time.

By signing this document, you are acknowledging that you read and agreeing that you will follow all procedures, policies, and rules set forth on all pages of this document. **ALL PARENTS/GAURDIANS NEED TO READ AND SIGN.**

Player Signature _____ **Date** _____

Parent Name _____

Parent Signature _____ **Date** _____