

LACEY HIGH SCHOOL BOY'S VOLLEYBALL

Athlete, Parent, and Coach Agreement

“No volleyball play can begin without a serve, and the serve is the only technique that is totally under your control. In other endeavors, you cannot succeed without believing in yourself, and that belief is completely under your control.”

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- Practices will be held at 2pm with everyone arriving at 1:45 for equipment set-up during the school week and Saturday mornings at 8:45. Rain day schedules vary and will be strictly adhered to.
- There is no reason to miss practice. All appointments can and should be scheduled around volleyball.
- If you miss a practice, you may not be allowed to participate in the next scheduled match. It is unequal to teammates as you are all extremely important and an absence can upset the balance. Excused absences as per the attendance office policy such as college visits or family emergencies are to be discussed with the Head Coach and will be handled on a case-by-case basis.
- Students who arrive **late to school** after the designated time by the attendance office (8:15am) will not be allowed to participate in any matches that day without Principal's approval.
- If missing practices becomes routine, you risk reduced playing time and/or release from the team at the coach's discretion.
- As a team member you are expected to participate in all fundraisers, non-volleyball oriented events (team bonding), and to contribute in other duties such as setting up and taking down the nets, scorekeepers, stat keepers, linesman, or other assignments at the coaches discretion.
- There is **no reason** to be late to practice. If you are more than five minutes late you will risk loss of playing time or other consequences at the Head Coaches discretion. Serving detention is considered to be late. Academic lateness will be the only exception, such as coming from another school or receiving additional help. In those cases, a signed note or email from that teacher is needed.
- You are expected to maintain the highest grades possible and to participate in Phys Ed classes at all times.
- Remember, it is a privilege to be a member of the Lacey Lions Volleyball Program. You will conduct yourself in school and out of school in a manner that reflects positively on

you and the team at all times. You are ambassadors of your school and of the sport of volleyball.

- Always keep the lines of communication open between yourself, your teammates, and your coaches.
- There will be no **DRAMA** this season. We are here to learn and improve in the sport of volleyball and to have fun in the process. If there is a situation in school, with a teammate, or a coach, you should address it immediately with the coaching staff before it escalates.
- All discipline issues will be handled on a case-by-case basis by the coaching staff and in conjunction with parents, the Athletic Director, and building administration, if necessary. Consequences can range from reduced playing time to out right release from the team. **You are expected to uphold and follow all expectations in your student handbook and school discipline code at all times.**
- You should maintain a positive attitude at all times, give each and all practices and games 150%, and develop a family style relationship/rapport with your teammates in and outside school, and most importantly on the court.
- From this day forward you are to eat, sleep, and breathe volleyball. Read about the sport, study it, and watch helpful online clips in areas of defense, setting, and hitting.
- We are looking forward to working with each and every one of you. We ask that you trust us and absorb what is taught, and then apply it. Nothing is personal. We are just trying to make you and the team the best group of volleyball players possible!
- Anything not covered specifically in this document is at the Head Coaches discretion at all times.

Athlete Signature/Date

Parent Signature/Date

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