



PLAYER  
CONTRACT

# Volleyball Skills Equation

$$\begin{array}{r} \text{Setting} \\ \text{Digging/Passing} \\ \text{Hitting} \\ \text{Serving} \\ \text{Blocking} \\ \text{Attitude} \\ \text{Communication} \\ + \text{Effort} \\ \hline \text{Teamwork} \end{array}$$

If one ingredient is missing in the equation then teamwork cannot happen. It is my promise, as the head volleyball coach of this program, I will do everything in my power to make sure teamwork will thrive on each team. I also understand I have a tremendous impact on the lives of all of the players in this program. It is my intention, to not only make your daughters, within this program, better volleyball players but also to push them to be great citizens in our community.

Sincerely,

Heather Zorrozua  
hzorrozua@cheneysd.org

## PLAYER POLICIES AND EXPECTATIONS

### **PERSONAL CONDUCT**

- Players will attend all practices, meetings, physical conditioning workouts, games, fundraisers and promotional events.
- In the event you are unable to attend any function due to any personal emergency, contact the coaches immediately.
- All players are required to attend all home game matches and assist with home team responsibilities.
- If you miss a practice or function, you will be expected to make it up by contributing in other areas at another time.
- Be on time to every team function. It is inconsiderate to teammates and coaches to be late and will not be tolerated.
- Make volleyball a priority in your life. Manage your time accordingly so that there are **no conflicts**.
- Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, the team and your school.
- Do all assignments requested by the coach whether or not you feel they are important. Failure to do this will result in additional conditioning, and inability to practice and/or play.
- Report all injuries to the coach. Minor injuries not properly treated can become serious.
- No swearing in practice or in games.

## PERSONAL CONDUCT cont.

- Treat teammates, coaches, officials, and opponents with courtesy and respect at all times.
- Never criticize teammates on or off the courts!
- Work out personal conflicts with teammates immediately. Avoid passing on rumors or gossip. If problems cannot be resolved, all parties must meet with the coaches until it is resolved.
- Do not sulk. If you have a problem or complaint, speak to the coach.
- Drinking, smoking or the use of drugs are not allowed and will be dealt with severely.
- Maintain good nutrition. Continue to cut down on junk food while working on improving diet.
- Your commitment level will be directly related to your role on the team. Missing practice for outside events may effect playing time and is under the discretion of the coaching staff.

## COMMUNICATION

- Players will communicate **directly** with coaches. Parents can get most or all information on the high school volleyball website page or the volleyball page on Facebook.
- Players must communicate by **BOTH** email and phone
- Players are taught to be accountable; all communication must come from them.
- If parents want to speak to a coach they must schedule a meeting outside practice, matches and tournaments.

## ACADEMICS

- Make academics a priority in your life. Attend all classes, and do all assignments on time and to the best of your ability.
- Remember the difference between HOMEWORK and STUDYING. You may finish your homework, but there is always some studying to do.
- Meet every academic obligation.
- Stay academically eligible!
- Discuss class conflicts with teachers as soon as you are aware of them.

## PRACTICE EXPECTATIONS

- Come to the first practice of the season in shape. It hurts you and the team when you are not able to practice at full strength.
- Come to every practice. This is “your” and “our” opportunity to improve.
- If you know you will miss practice, communicate this by doing **both** of these things: talk to your coach **and** send an email to your coach.
- Each team/coach will establish rules for missed practices/team functions. Typically a missed practice prior to a game will result in missing the first set of the next match.
- **Be on time to practice. On time means: long hair tied, shoes and kneepads on, ankles/ fingers taped, on the court ready to go.**
- Be mentally ready to practice. Leave your problems outside of the gym.
- All players share in the set-up and takedown responsibilities. **Court set-up is ready prior to practice start time.**
- Do not use practice time to socialize with teammates.
- Practice conversation should directly relate to the practice session.

## PRACTICE EXPECTATIONS cont.

- Check in with the coach immediately if you arrive late.
- Notify the coach before practice starts if you must leave practice.
- **Aggressiveness is required!** Remember, nobody on the coaching staff will reprimand you for making aggressive mistakes. Especially in practice!
- Don't be afraid to **fail** when trying new things. You must have an open mind to new things and understand that sometimes you will have to get a little worse to get a lot better!

## MATCH EXPECTATIONS

- Players will be assigned game day responsibilities (scorekeeping, lines, libero tracking, etc.) for each match and will hold this responsibility for the **ENTIRE** match.
- If you are going to miss a match and you have responsibilities for that match, it is up to you to switch or to get someone to cover for you.
- No visitors on the bench during the match.
- Cell phones will not be permitted while with teammates.
- Varsity players will leave home and away matches together. (Coaches meeting for away games and home game cleanup)

## UNIFORMS

- Uniforms are to be worn for approved events only. **You** are financially responsible for any item lost or stolen.
- You are responsible to turn in uniforms upon request. Failure to do so in a prompt manner will result in holding quarter report card.
- Have pride in your school gear. Fold and place sweats on the bench or in your bags. Keep the sidelines neat! Strive to look as professional as possible.
- Place bags in an orderly fashion behind the bench or in a selected location.
- Only official team gear is worn at practice, scrimmages and matches.
- Do not wear jewelry in practices or in the game.
- **Wash all uniforms in cold water, NO bleach, and dry on LOW or air dry.** Remember you are financially responsible for these uniforms, so handle them with care!

## TRAVEL

- Arrive before the departure time. **We will leave without you if you are late.**
- Remember that everything is done as a **team**. Do not enter a venue without your teammates. If you arrive early, wait for them.
- Everyone travels with the team to the match.
- Everyone is responsible for keeping the parents' cars, vans or school buses clean. Pick up your own trash. If the coaches have to clean up after the team, there will be team consequences.
- Your personal appearance and dress are important. The emphasis is on neatness and cleanliness. Remember you are representing your school and team!
- Locker rooms are to be left clean. Dirty towels, tape, paper cups, and so on are to be placed in the proper areas.
- When help is required to carry additional items, assignments will be made for each specific trip. When an assignment is made, you are responsible for the item for the entire trip.

## **11 GUIDELINES FOR POSITIVE PARENTS**

1. Cheer your player on, be supportive of her, console her, but do it without judging her, the coach or teammates.
2. Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
3. Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their playing time and role; it immediately indicates they want more.
4. Understand the rules of the game and the coach's philosophy. Substituting in volleyball has consequences.
5. Do your part as a parent. Get your child to practice on time and pick her up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Positions and talent sometimes do not match up. Coaches attempt to do what is best for the team, putting the best physical mix and the best "chemistry" on the floor. That may mean that sometimes your daughter may be playing out of position in an attempt to "strengthen" the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.
7. If you have real concerns, and your player has attempted, unsuccessfully, to work things out with the coach on her own, schedule a meeting with the coach (and AD) and have your child attend with you (you may not be hearing the whole story- a common occurrence.) If you are trying to resolve a problem, help your player by being a role model in the problem-solving procedure.
8. Understand the nature of volleyball. Volleyball is a unique sport because the players rotate and play different positions so there is much less emphasis on "starting." All players will have a role on their team and it is not uncommon for most players to not play an entire match or "half of the time". Front row role players must work with back row role players for our team to succeed. Find out if your child is comfortable with their role before contacting the coaching staff.
9. Never approach a coach with complaints after a tough game. Wait at least 24 hours and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like the players, do not like to be confronted after tough games.
10. Please think before criticizing anyone connected to your daughter's team. Criticism is contagious and often harmful. The damage you do could be irreversible.
11. Visibly show that you enjoy watching your child perform; this will make her feel better about individual participation, no matter what the role is on her team.

## **PLAYERS' COMMANDMENTS FOR DEALING WITH CONFLICT**

Most of these are appropriate for the coach, too!

- *You Shall* understand that disagreement is okay. It is an expression of a genuine difference of opinion.
- *You Shall* acknowledge that everyone has a right to his or her opinion, although you don't have to agree with it.
- *You Shall* respect another's perspective, even while emphasizing your own.
- *You Shall* remember that it is the responsibility of all team members – players and coaches – to learn to confront situations head on.
- *You Shall* deal directly with the person(s) with whom you have the problem.
- *You Shall* deal with the differences immediately, before the situation is allowed to become more serious.
- *You Shall* keep confrontations private.
- *You Shall* talk to the coach when no acceptable solution can be met privately.
- *You Shall* identify the problem and the options, and choose a route to a solution.
- *You Shall* be a good listener.
- *You Shall* listen with an open mind.
- *You Shall* be open to new ideas. Every opinion is worthy of discussion.
- *You Shall* strive to hear and understand the feelings and needs of others.
- *You Shall* perceive the conflict from the other side.
- *You Shall* listen with your ears, eyes, and heart.
- *You Shall* listen without passing judgment.
- *You Shall* respect the views of those who may not share your opinion.
- *You Shall* be honest but tactful.
- *You Shall* state your opinion in a way that does not offend or insult.
- *You Shall* avoid putting anyone on the defensive.
- *You Shall* attack the problem not the person.
- *You Shall* tailor communication in such a manner so as not to offend teammates or evoke negative connotations.
- *You Shall* avoid put-downs. No one needs them.
- *You Shall* be specific, objective, and non-accusatory.
- *You Shall* speak for yourself, not for anyone else.
- *You Shall* remember that the only feelings you know are your own; therefore, affirm only what "I" think or feel.
- *You Shall* keep control of you emotions.
- *You Shall* be aware of your body language.
- *You Shall* not gossip.
- *You Shall* not hold grudges.
- *You Shall* forgive.
- *You Shall* respect agreed-upon decisions.
- *You Shall* strive to make your point in a concise manner

## **VOLLEYBALL PLAYER CONTRACT**

I **understand** that, as a member of the Cheney High School Volleyball Team, I will be expected to make ACADEMICS and ATHLETICS a priority in my life.

I **will** not be satisfied with less than my best effort on the court or in the classroom.

I **will** strive to earn A's and B's in all my classes.

I **understand** that if I do not maintain an overall GPA of 2.5, I **will** be expected to work with my teachers in outlining a study plan and/or tutoring sessions.

I **will** attend every class. I **will** arrive on time for each class and I will turn in every assignment on the assigned date.

I **will** attend **all** practices, games, meeting & fundraisers. In the event I am unable to attend any function due to personal emergency, I **will** contact the coaches immediately.

I **understand** that if I do miss a volleyball function, I **will** be expected to make it up by contributing in other areas at another time.

I **will** be on time to every volleyball function. I **understand** that it is inconsiderate to my teammates and coaches to be late.

I **will** treat my teachers, coaches and teammates with courtesy and respect, even when I am down or in a bad mood.

I **will** give 100% effort in every practice and game, as it is my intention to become the best volleyball player I can be.

I **understand** that for my personal success, and the success of the program, I must follow these guidelines and, furthermore, encourage my teammates to do the same.

I **have read and agree** with the Player Policy and Expectations, the 11 Guidelines for Positive Parents, and the Player Commandments for Dealing with Conflict.

I **have read and agree** to the above guidelines. I understand that failure to meet the requirements of the contract may result in the loss of opportunities to continue as a member of the Cheney High School Volleyball Family.

I have gone on the Cheney High School Athletic page and read through the Parent/Player contract.

I agree with the Parent/Player contract.

Date \_\_\_\_\_

Player Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_