



# Clear Springs Volleyball Policies



The following policies have been established for volleyball players and managers at Clear Springs High School and will be enforced to uphold high standards not only during the playing season, but throughout the year. These policies are to be read, signed by all indicated and returned within 24 hours to your coach before you may play.

## I. BUS TRIPS

- ◆ Team members must ride with the team to and from all athletic events. Exceptions are permitted only if a signed travel form is in place prior to the trip. You are only allowed to be released to your parent/guardian.
- ◆ Team members are expected to inform parents of bus arrival and departure times. Parents are expected to pick up their child within 15 minutes at the latest after the bus has returned to the school.
- ◆ Team members are expected to be on time for scheduled departures. The bus will leave at the designated departure time and if players miss the bus, they must find their own way to the destination and are assuming the risk of traveling on their own. Players will be disciplined for being tardy to the bus.
- ◆ Team members are expected to conduct themselves in a proper manner on the bus and are expected to clean the bus and put the windows up before leaving.

## II. EQUIPMENT

- ◆ Players will pay for lost or damaged equipment. Reusable equipment is full replacement price.
- ◆ Players will take proper care of all gym facilities and equipment. All players will help to carry equipment on and off the bus and will help to set up and take down the nets.
- ◆ Players must turn in all equipment before they will be released to get a schedule change to their next sport or out of the volleyball class.

## III. PRACTICES, GAMES, ETC.

- ◆ Players are expected to be at practice EVERY day. Players missing practices or games for reasons other than illness and family emergencies are subject to dismissal. Routine medical and dental appointments are NOT an excuse for missing practices or games. Parents should try to schedule these around volleyball as much as possible. Players missing practice for excused reason will not start in the next match and playing time could possibly be very limited or none at all. Players missing practice for unexcused reasons will NOT play in the next match.
- ◆ If an athlete misses practice for any reason, she must call and let her coach know. Players can also email their coach. This is the player's responsibility, not the parents.
- ◆ Injured athletes are still expected to be present for all practices and games. The only exception is if the athlete is physically unable to be present due to injury.
- ◆ Team members must be present for all Saturday practices and holidays.
- ◆ Athletes will wear NO jewelry during practices or games.
- ◆ Cell phone usage is prohibited during matches (Freshman, JV and Varsity). The only case when cell phone usage is allowed is to call parent. Any time a cell phone is used, it must be approved by the coach. This includes text messaging, checking messages, social media etc. The phone isn't to be used, seen or heard.

- ◆ Sub-varsity athletes will stay and watch/cheer for varsity games. Sub-varsity players are expected to be at all playoff matches unless they are playing basketball and have a basketball game/scrimmage. Varsity players will watch and support the sub-varsity teams as well. Players are expected to sit as a team and only as a team (i.e. not with friends, boyfriends, etc.).
- ◆ Athletes representing Clear Springs High School must reflect good sportsmanship on and off the court. A team member showing inappropriate behavior at herself, opponents, teammates, or officials will be removed immediately from the event.
- ◆ Athletes are assigned lockers and are responsible for locking up valuables.
- ◆ Athletes are responsible for keeping the locker room and storage areas clean.
- ◆ Players are to never display any public affection at school, at any volleyball event, or at any school function of any kind. Hugs are permitted.
- ◆ Varsity Volleyball players must complete a 1 mile run in under 8:00 and will not be permitted to play in any games until they achieve this. JV players will run an 8:00 mile every day until they make their time. Freshmen A and B team players must complete a mile in under 8:30 and will run every day until they make their time. Continued failure to not make time can affect playing time.
- ◆ Players are not allowed to practice outside of high school practice or be involved with another sport, unless approved by the coaching staff, while we are in volleyball season. You play enough volleyball during our season, the days off we give you are needed for your rest and recovery.

#### **IV. SUBSTANCE ABUSE**

- ◆ Substance abuse will not be tolerated during season or during off season. If caught at school, at a school function, or outside of school, the athlete will be disciplined.

#### **V. CODE OF CONDUCT**

- ◆ Athletes are expected to follow the CCISD student code of conduct.

#### **VI. GRADES**

- ◆ Athletes are expected to pass all courses with a 70 or better average.
- ◆ Grade checks will be done regularly to check progress.
- ◆ Athletes must try to attend tutorials before school rather than miss practice. If not possible, check with your coach.
- ◆ Athletes must attend Tuesday and Thursday after school tutorials from 2:30-3:15 during the volleyball season, unless game times prohibit them from being able to attend.
- ◆ The athlete must get their tutorial pass signed by their teacher and bring it with them to practice/game.
- ◆ During the off season, players are expected to attend tutorials if they are struggling with their classes.

#### **VII. DRESS**

- ◆ Athletes must wear team uniforms or appropriate dress approved by the coach for all practices and games.
- ◆ Players will dress in an appropriate manner to school and follow the school dress code. Players will also have certain shirts they are expected to wear on game days to school that will be assigned by the team captains.
- ◆ Players will never wear club volleyball attire or attire from another school at any CSHS volleyball function.
- ◆ If a player gets a tattoo, it must be covered at all practices, all games, and all CSHS Volleyball functions.
- ◆ Jewelry is not permitted during practices or games.
- ◆ Players will cover their spandex with shorts or pants when they are not in the gym.
- ◆ All players will wear matching t-shirts on the bus to travel to games, and any time in the gym for a CSHS match.

### **VIII. LETTERING**

- ◆ All sub-varsity athletes receive certificates for completing the season.
- ◆ The first letter award on a varsity team is a letter jacket. Players will only receive a letter jacket if they complete the entire volleyball season (don't quit or get kicked off of team) and if they have played in at least 5 varsity matches. The second and subsequent letter awards will be additional bars for the letter jacket.
- ◆ Managers or student trainers must be a manager through their junior year to receive a letter jacket.

### **IX. OFF SEASON**

- ◆ Players who do not move on to another sport, are expected to be in the volleyball off season period. Players who do not participate in the volleyball off season or in another sport will not be eligible to make the team the following school year.

### **X. CHAIN OF COMMAND AND PLAYING TIME**

- ◆ If the player wishes to have a meeting with the coach to discuss playing time, the player may do this ONCE per season and may request to do this after a practice or during the athletic period, not before/after/during a game or tournament. Playing time and which team a player is on will not be discussed between coaches and parents.
- ◆ If there are concerns that need to be discussed with the coach that are not playing time related, please follow the chain of command. Athletes must first meet with their individual coach. Then, parents may meet with the coach. If necessary, the chain of command continues with the Head Coach, Campus Girl's Athletic Coordinator, Principal, and then Athletic Director.
- ◆ If a parent(s) wishes to have a meeting with the coach, the player must be present at the meeting with the coach and parent(s).

### **XI. DISHONORING THE PROGRAM**

- ◆ Players will not do anything to dishonor (Coach McClellan's discretion) the volleyball program. If anything is done to dishonor the program, the athlete will be disciplined at the coach's discretion which can include removal from the program.