



## BVCHEA

### MUSTANG Volleyball (2017)

#### 2017 Season Begins, Monday, July 31st, 2017

*Monday (JH/Var) 3:30-5:00 Central Baptist Church*

*Tuesday (JH/Var) 3:30-5:00 Central Baptist Church*

*Wednesday(Var) 3:30-4:30 Conditioning/Film @ Cornerstone/Coach Freund's*

*Thursday 3:30-5:00 (JH/Var) Central Baptist Church*

#### Before Participating:

- *BVCHEA Membership form must be completed & submitted, along with \$30 membership fee (per family)*
- *BVHCEA Volleyball Registration Form completed and submitted (including current physical)*
- *BVCHEA Volleyball Participation Fee (Contigent upon Fundraisers)...Due July 10, 2017*
  - *Junior High - \$100*
  - *Varsity - \$160*

# *Coach's Expectations*

Participation in Mustang Volleyball will be an experience in excellence. We will be working hard and our goal will be to achieve the highest level of performance that our skills allow along with dedication and commitment. Volleyball is a game and games should reflect fun. While we are playing to win, we will work toward this goal with the highest level of character.

## Practice Rules

**Attendance:** Attendance at every practice is highly recommended. School and family are high priorities and it is understood if a practice is missed with a good excuse. It is important that notice of a missed practice be given to the head coach as soon as possible. Please understand however that we are striving for excellence and commitment is part of this. Should your daughter miss practice(s) this may reflect in their play time during a game.

**Conduct:** Your conduct on and off the court is expected to be mature and sportsmanship like. This is a competitive sport and the desire to win will be strong. Kindness and encouragement of each other and the opposing team should always be a part of your conduct despite the other teams behavior.

- You must control your emotions. Absolutely no swearing will be allowed at any time.
- You must have a coachable attitude. The expectation is that you not talk back or show any signs of disgust towards your coaches and team captains.
- Proper attire is required at all practices. This includes: work out shorts or pants, a loose fitting tshirt/tank top, tennis shoes and knee pads. No jewelry will be allowed.
- You are a child of God, a child to your parents, and a student. Do not forget your priorities.
- Please be on time to practice. We will have warmups and it's important to be there for the full practice.

## Game Conduct:

- Players must play within the rules set forth by TAILO.
- Keep a positive attitude and hustle at all times, even when the score does not reflect your effort.
- Respect your opponents. No taunting of opponents is allowed.
- Respect the referees. Never question a call or respond in a disrespectful fashion. Any questions will come from the coaching staff only!
- Proper attire is required for all games. This includes: black shorts, team jersey, tennis or volleyball shoes and knee pads. Should you wear spandex please ensure they are a proper length. All undergarments should be covered. Hair should be pulled back away from your face.
- Show good sportsmanship at all times. A high character goes a long way and is one of the most important traits you will carry with you your entire life.
- Please be on time to games. We arrive 45 minutes prior to game time and we will have warmups. It's important to be there for the full warmup.

## Equipment Care:

**Uniform:** You are responsible for cleaning your own uniform and it must be clean for each match. At the conclusion of the season ALL uniform apparel must be returned to BVCHCA.

**Before and After Practice:** Every team should be ready to help either set up or tear down the net and poles, and/or collection of all volleyball equipment.

**Match Play Rules:** As a member of the BVCHEA Mustang Volleyball Team, you will be expected to meet these expectations at all times. Violations of the above expectations will be dealt with by applying the appropriate consequence.

**Match suspension:** (Unexcused absences, missed practice day before the match, not in uniform on match day)

**Parent and Student Agreement (please initial and/or sign below)**

\_\_\_\_\_ (student initial) I will strive to be on time to every practice.

\_\_\_\_\_ (student initial) I will strive to arrive 45 minutes prior to the start of the game.

\_\_\_\_\_ (student initial) I will behave courteously and respectfully to my coaches, teammates, and opposing teams coaches and players.

\_\_\_\_\_ (student initial) I am committing to play for BVCHEA Volleyball for the 2017 Season.

We, \_\_\_\_\_, the parent(s) of \_\_\_\_\_

have read the guidelines and terms set out in the BVCHEA Volleyball Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above and to encourage our daughter to do the same.

I, \_\_\_\_\_ (student signature), have read the guidelines and terms set out in the BVCHEA Volleyball Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above.

We, \_\_\_\_\_, the parent(s) of \_\_\_\_\_

are committed to getting our daughter to practices and games for the 2017 BVCHEA Mustang Season. We are committed to participating and being involved in the 2017 BVCHEA Mustang Season. We are committed to helping our daughter strive for excellence.

I, \_\_\_\_\_ (student signature), am committed to playing volleyball for the 2016 BVCHEA Mustang Season. I am committed to trying my hardest to be at all practices and games on time. I am also committed to strive for excellence in all areas of my life including volleyball.