



Brazos Valley Lady Mustangs Volleyball

2022 Coaches' Expectations

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Our desire is that your daughter's participation in Brazos Valley Lady Mustangs Volleyball will be an enjoyable yet challenging experience in volleyball. We will be working hard to achieve excellence, and our goal is 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 a character for a follower of Christ. Please print and sign the Commitment to Coaches' Expectations form (last page) and turn it in to coaching staff at registration for the volleyball season.

Attendance

Attendance at every practice is highly recommended. School, church, and family are high priorities, and it is understood if a practice is missed due to a good reason. We do understand that unforeseen circumstances arise, and we give grace as needed. It is important that notice of a missed practice be given to the coaches as soon as possible. Please understand, however, that we are striving for excellence and commitment is a part of this.

Should your daughter miss practice(s), this may reflect in her play time during a game. A text, email, or message on the Remind app to the coaches is required explaining why your daughter will not be at practice.

Players are expected to attend all games played by their team whether the game is played at home or away. The players practice as a team and whenever they cannot play as a team, it can cause undue stress for all of those involved not to mention the possibility of forfeiture of the game due to not enough players to make a team.

Conduct - Your conduct on and off the court is expected to be mature, sportsmanlike, and honoring to the team. This is a competitive sport and the desire to win will be strong. Kindness and encouragement of each other, towards your coaches, staff, volunteers, and the opposing team should always be a part of your conduct despite the other team's behavior.

- You are a child of God, a child to your parents, and a student. Do not forget your priorities.
- You must be in control of your emotions. Absolutely no swearing, mouthing, back talking, stomping around, ball throwing, etc. will be allowed at any time.
- You must have a coachable attitude. The expectation is that you do not talk back or show any signs of disgust including but not limited to eye rolling, lip smacking, etc. towards the coaches and fellow players. Bullying amongst teammates, either in person or through other avenues (social media, texting, etc.) will not be tolerated.



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- Proper attire is required at all practices. This includes workout shorts or pants, a loose-fitting shirt, athletic tennis shoes (preferably volleyball court shoes), and knee pads. No jewelry of any kind will be allowed. Attire that is too revealing, by judgement of the coaching staff, will not be allowed. Headwear reflecting religious commitments other than Christianity will not be allowed.
- Please be on time to practice. We will have warmups and it's important to be there for the full practice. All players need to arrive at practice 15 minutes prior to the start of practice in order to help set up nets and are required to stay 10 minutes after practice to take down nets and put-up balls and carts. Laps will be required for each minute that you are late.
- Players are not allowed to bring cigarettes, vaping pens, or any drug paraphernalia to practices, games, or any Brazos Valley Mustangs team activities.
- Players are not allowed to be on their cell phones during practices or games. If a situation should arise that the player need to contact their parents, the player needs to ask the coaches for permission first.
- If a player or parent has any grievance to discuss with the coach(es) or other individuals on the team, please allow yourself a period of 24 hours to consider the situation you would like to address both carefully and prayerfully. Once this period has passed, please notify the coach(es) by text message, phone call or email to set up a time to meet. Absolutely under no circumstances will the issue be addressed either before, during or after a game, or during practice times. If a player, not a parent, is concerned about her play time during games or has questions about personal improvements, she may text or call to set up a time to discuss it with her coach either before or after practice.

Game Conduct

- Players must play within the rules set forth by TAI AO.
- Keep a positive attitude and hustle at all times, even when the score does not reflect your effort, or your team is losing.
- 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 either the head coach or team captain only.
- Proper attire is required for all games. This includes solid black shorts, team jersey, tennis or volleyball shoes, and knee pads. Spandex shorts are only permitted to be worn under looser fitting shorts. All undergarments should be covered. Hair should be pulled back away from your face. All jewelry must be removed prior to warmups, or our team will receive a delay of game infraction from the referees.



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- Show good sportsmanship at all times. A character of integrity goes a long way and is one of the most important traits you will carry with you your entire life.
- There will be no discussions or questions about playing time on game day. If you are having non-game discussions or eating snacks and looking at your cell phone on the bench during games, do not expect play time. This shows a lack of interest in your team and the game and is frowned upon by your coaches.
- Please be on time to games. Everyone should arrive 45 minutes prior to game time to be ready for warmups. It is important to be there for the full warmup. Please understand that if you arrive late to a game you have to be removed from the game roster that must be turned in prior to game start in order to avoid penalties, and therefore the player forfeits her playtime.
- Parents are expected to help with the various responsibilities of the home team when hosting games as well as playing at away games. Every player's parents are expected to help. We are a volunteer run organization and cannot function without every player's parents' involvement.

Equipment Care:

- Jerseys: Please care for the jersey and any equipment assigned to you. Jerseys are to be washed in cool/cold water (without fabric softener or bleach) and hung to air dry. Do not place your jersey in the dryer, as this will damage any printing on the shirt. At the conclusion of the season ALL uniform apparel must be returned to Brazos Valley Mustangs. Failure to do so may result in you being charged the full price of any borrowed equipment, including uniforms.
- Set up and take down of nets: Arrive 15 minutes before practice to set up, and plan on staying 10 minutes after practice to take down equipment.
- Balls: Every player will purchase a team volleyball. She is responsible for bringing that ball to every practice and every game. A consequence will occur should she forget her ball as it is important for a successful practice and warmups for games. If the player loses or destroys their ball, she will be expected to purchase a new ball.
- Match Play Rules: As a member of the Brazos Valley Lady Mustangs 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.
- Set suspension: The following will be considered legitimate reasons for not allowing a player to play during a game: unexcused absences, missed practices, not onsite and in uniform 45 minutes prior to the start time of the match on game days, consistent tardiness to practices and games, negative attitude, and/or unsportsmanlike conduct.



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Individual & Team Demerits - Being a competitive team, we expect each player to strive for and work at improving her individual skills on the court and how she plays with her teammates as well. Lack of effort or commitment on an individual's part will quickly be seen on the practice court and on game days. Demerits are put in place to hold each player as well as the team accountable for non-skill related expectations. We will not assign a demerit to a player due to her skill level but expect everyone of any skill level to give her maximum focus and effort when on the court. Consequences for demerits will be determined by coaches and will not interfere with practice time.

Team Demerits

1. Setter takes a free ball
2. Only one person is moving towards a shanked ball
3. Two (2) missed serves in a row (games or game like drills only)
4. Setter digs a ball, and it hits the ground without a second touch attempt
5. Lack of communication/not talking to each other on the court
6. Not coming together after every play (games)
7. Cell phones/ headphones out and/or being used during practice and/or games without the coaches' permission
8. Not being dressed and ready as a team for practices and games
9. Not following the ball to the line
10. Being a bad teammate (poor attitude, not being positive, not cheering teammates on during game)

Individual Demerits

1. Ball hits the floor without anyone making a playable attempt
2. Being in the wrong spots on defense
3. Two (2) missed serves in a row (games or game like drills only)
4. Hitter not transitioning
5. Standing straight up on defense
6. Complaining and having a bad attitude. We are the coaches; you are the player!
7. Cheating on workouts.
8. Talking when the coaches are giving instructions, talking to the entire team, etc.
9. Not paying attention during practice and games. Coaches expect your full attention whether on the court, or on the sidelines.



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Brazos Valley Mustangs Volleyball Commitment to Coaches' Expectations Parent and Student Agreement

I _____ have read the guidelines and terms set out in the Brazos Valley Mustangs Volleyball Coaches' Expectations and agree and commit to abide by them. I will strive to be on time to every practice, to arrive 45 minutes prior to the start of my games, to behave courteously and respectfully to my coaches, teammates, referees, and opposing teams and coaches. I am committing to play for Brazos Valley Mustangs Volleyball for this year's season. I am committed to try my hardest on the court and to strive for excellence in all areas of my life, including volleyball.

Player Signature

Date

We, the parent(s) of _____ have read the guidelines and terms set out in the Brazos Valley Lady Mustangs Volleyball Coaches' 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. We are committed to getting our daughter to all practices and games on time, to participating and being involved in the team activities, including volunteering throughout the season as needed, and to helping our daughter strive for excellence.

Parent Signatures

Date