Papillion-La Vista South Volleyball Policies

***The following rules are in addition to the rules of the Papillion-La Vista School District and***

***Papillion-La Vista South High School.***

Risk of Injury -- Volleyball is an aggressive sport. Participants are always at risk of injury.

Training-- No drinking, smoking or drugs. Athletes need to take extremely good care of their bodies. Violation of this is grounds for immediate termination. Eat clean, drink water regularly and get more than enough sleep.

Team Support-- All athletes are encouraged to arrive early or stay after their own match to watch the other teams in the program. We are the same team and we support each other.

Respect-- Everything we do or say is a direct reflection on PL South Volleyball; therefore, we always strive to be a class act. We always demonstrate respect for officials, opponents, fans, teammates and coaches. A repeated problem of disrespect is grounds for dismissal. ***\*Pay close attention to what you post on social media.***

Responsibility-- Everyone is expected to be ready for practice and matches early. Taping of injuries, etc. needs to be done in advance. You are responsible for your actions. If you are going to be late or absent due to any sickness or family emergency, notify your coach as soon as you know. Any other type of absence is unexcused. (No haircuts, dentist appointments, etc.)

If you are in question of whether or not your absence is unexcused, talk to your coach. Your coach should be informed in advance of all absences. If you are sick, I recommend you tell the secretary to put a note in your coach’s mailbox. Realize even excused absences will most likely cause you to lose your starting position, etc. temporarily. Even one unexcused absence is grounds for dismissal from the team.

If you are going to be late to practice because of a teacher, you must bring a pass. This should not happen more than once or twice. An unexcused tardy to practice will result in team conditioning.

All players will be expected to wear the assigned practice gear to practice. All players in the program will match every day once practice t-shirts are handed out. Failure to wear the correct practice gear will result in team conditioning.

Parents-- Parents are encouraged to be supportive and positive at all times. Parents are asked to reinforce the TEAM concept at home. Parents will not approach a coach during or after a match or tournament. Parents will encourage their daughter to be an advocate for herself with communication to coaches. Although highly discouraged, should a parent feel the need to discuss a situation with a coach they may request this *after* both of the following have occurred:

1. 24 hours have passed since the incident of concern
2. The player has tried to resolve the issue with the coach on her own

***Although the above policies are core to the entire program, additional rules may be added by each team’s individual coach.***