

ST. ANTHONY VOLLEYBALL RULES/EXPECTATIONS

RESPECT

1. All student athletes will respect themselves, teachers, coaches, teammates, opposing teams, parents and referees.
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SAFETY

PRACTICE/GAMES:

1. No jewelery
 2. No hair clips/No bobby pins
 3. Hair must be completely up and tied back.
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RESPONSIBILITY

PRACTICE:

1. Athletes are required to be suited out in required practice attire: gym uniform, black knee pads and black socks or gym top/volleyball t shirt, black shorts, black knee pads and black socks. (Do not wear game uniform bottom/game uniform tops to practice)
2. Athletes are required to be on the court, ready to stretch with the volleyball net up by 3:30 p.m.
3. Athletes are required to take down the volleyball net before the end of practice.
4. Coach Flores will take attendance for each practice. Practice attendance will affect playing time and gameday starting positions.

ELIGIBILITY:

1. Student athletes are required to maintain a 75 or higher in all classes.
 2. Student athletes become ineligible if grades fall under 75. Students athletes become eligible if grades are 75 or higher on the following progress report.
 3. Students athletes are required to get their eligibility logs signed by each of their teachers during any progress report/report card distribution.
 4. Student athletes are required to attend study hall on Fridays.
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PRACTICES/GAMES

PRACTICE:

1. Practice times are 3:30-5:30 on Mondays and Wednesdays. Practice time on Fridays will be from 3:30-5.
2. Practice days are: Mondays, Wednesdays and Fridays. (We will practice every weekday that we don't have games.)
3. Mondays and Wednesdays: Progressions, Fundamentals, Skills, Scrimmages
4. Fridays: Conditioning/Study Hall (This isn't a free day to skip practice.)
5. If the athlete skips practice for tutorials, Coach Flores needs a note from the teacher.

GAMES:

1. Game times begin at 4:15.
2. B team will play first if the opposing school has both an A-team and a B-team. If the other school doesn't have a B-team, A-team will play at 4:15. (Games last about 30-45 min)
3. Players from both A and B team must arrive to games by 4 p.m. B team must be on the court ready to stretch by 4 p.m. If B-team is not playing, athletes aren't required to attend the games, but are encouraged to. If A-team is playing at 4:15 p.m., athletes must be on the court ready to stretch by 4 p.m. If B-team plays first, A-team must sit as a team in the bleachers.
4. A-team will be issued a blue uniform and a pair of black shorts. B-team will be issued a white uniform with black shorts. Student athletes are required to turn in the uniform to Coach Flores by the end of the season. Students athletes will be required to purchase black knee pads, black crew socks and a long sleeve volleyball t shirt/warm up top.
5. At least 5 parents are asked to volunteer during home games. (Clock, book, concessions, admissions)

COACH FLORES

STUDENT ATHLETE SIGNATURE

PARENT SIGNATURE

DATE