

## 2015 Freshman Volleyball Contract:

As a member of the volleyball team, I agree to:

1. Have nets set up and gear on by the start of practice. If I am not early (so I can make sure these things are done on time), I'm late. I understand that if I am late, the entire team will share in the consequences. Arrive 3:45 or earlier for 4pm practice.
2. Inform my coach **well in advance** if I'm going to be late or miss all/part of practice.
3. Understand that if I need to miss a practice for whatever reason, I may lose my spot on the court for the next match (especially if it's the practice before a game).
4. Be coachable. I will eagerly listen to my coach and always strive to implement her instructions.
5. Not complain, verbally or non-verbally (back-talk, exasperated noises, eye-rolling, etc.).
6. Compete for a position on the court on a daily basis. I realize that to be successful, I will need to practice with intensity (cheering loud and calling the ball; running not walking during practice; not chit-chatting or gossiping when I should be focusing on volleyball; absolutely no cell phone use during practice!).
7. Be a positive presence on the team both at practice and in games, regardless of what my role is at that time. I will always be encouraging and kind to my teammates whether it is in or outside of the gym.
8. Respect the various personalities and styles of each of my teammates, and strive to communicate/offer suggestions in a constructive manner. I will leave personal drama off the court and I understand bringing it into practice could effect my playing time.
9. Leave the coaching to my coach and focus on being the best teammate I can.
13. I will strive to accept when I make a mistake, shake it off, and move forward. I will remember that volleyball is a game and I should have fun while working hard!
14. I will conduct myself in and outside of school in a way that reflects positively on WHS/this program. (Including social media)
15. I will hold myself and my teammates accountable for all of the above at all times.
16. I will fully commit to school, I must make sure that I attend class for over 50% of the school day to attend practice or a game. I may never choose volleyball over school for field trips or other situations without permission of my teachers.
17. I will email or talk to my teachers the day before a game to let them know of my absence. I

By signing this contract, you agree to meet all the expectations above and understand that serious or on-going violations will result in your being removed from the team. I have been in all of your shoes before, so I understand what it means to be an athlete: as much as you love the sport, sometimes it will be hard or unfair. While I will strictly enforce these lessons, never forget that I am an advocate for all of you and you can talk to me about anything. I know I'm going to enjoy working with you and I'm confident that this will be a great season!

Player Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_