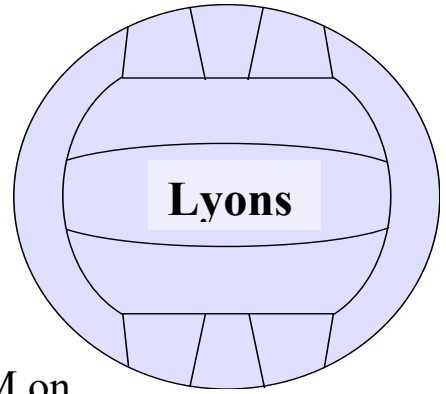


Lyons Central School District Modified Volleyball Program



Rules and Expectations:

Season: September through October
Need to make a commitment to volleyball every day (M-F) until 5 PM on practice days & roughly 5:30 - 6:30 PM on game days

- no babysitting during practice or games
- no unexcused absences
- try to move doctor/dentist appointments

Physicals: You need a physical before you can even tryout
Listen for announcements for physical times

Tryouts: Last 2 - 3 days from 3:30 – 5:00 PM at the elementary school
The list of names of students making the team will be posted in the high school gym the next morning after tryouts
Cuts may have to be made!

Coach will look at the following:

- Effort (being on time, trying your best, attendance)
- Behavior (listening, encouraging others)
- Skills (accuracy, asking questions)
- Desire (being serious enough to learn to play in HS)
- Grades

If Cut: You may be asked to be the scorekeeper for home & away games, are part of the team and in yearbook picture

Dress: T-shirt and shorts (or sweats you can move around in)
Sneakers (NO shoes! NO bare feet! NO stocking feet!)

Questions: See Mr. Winslow. Information meeting on the 1st day of school at 2:45 PM in the gym. Sign ups in the gym as well!

Buses:

- *Meet at the Southeast Door (the one by the teachers' room and fitness center)
- *Check the schedule and be on time, ready in your uniform! (We can't even wait 5 five minutes and expect to get there with enough time to warm-up)
- *All athletes must ride the bus. Parents cannot drive athletes to a match
- *Parents can drive his/her athlete home if a parental signed note is given to the coach; parents can drive other athletes home if there is a signed note and an administrator's signature
- *Athletes will sit while riding the bus and clean up after themselves

Practice:

- *Most practices will be at the elementary school from 3:30 PM - 5:00 PM (2:50 PM - 4:20 PM on Fridays)
- *Do not enter the elementary school building until the coach arrives. You may enter the foyer if weather is inclimate.
 - If you enter w/o the coach - less playing time next game
 - 2nd and future offenses - forfeit playing next game
- * You can wait in the H.S. cafeteria or with a teacher.
- *Some days we may practice at the high school so check the schedule posted in the gym
- *Practices will consist of warm ups, drills, practice, and discussions
- *Athletes will treat practice like it's a match
- *If all you want to do is goof around, you should find another place to play volleyball; we will have fun, but you will work as well
- *If you will be late to practice, bring a signed note from the teacher you stayed after with
- *Remember, if you're late or absent with an excuse, you play less
- *If you're absent without a note, you probably won't play the next game

*If you miss 3 practices or games, you will not be on the team any longer

Dress: For practice:

- *Shorts or sweats you can move around in
- *Sneakers (NO shoes! NO bare feet! NO stocking feet!)
- *Knee pads

*If you are unprepared for practice, you are still required to stay, watch, and learn!

Behavior: *Come, ready to learn!

*Remember, only 6 players can play at a time per side, so if you are not playing, don't be distracting while others are concentrating

*Be respectful that others want to learn and the coach wants to teach!

*When traveling to other schools, we are representing Lyons and want to give other schools a good impression!

*If you don't display proper behavior, you will be playing less or not at all in the next game

*Also, if you don't practice well, you probably won't play well!

Matches: *Home matches are held at the high school

*Be ready in uniform at 3:30PM, not before!

*Wait in the cafeteria or with a teacher

*Coach must be present before you enter the gym

*The match starts at 4:15 PM or as soon as the referee arrives

- *Players sit on the first row of the bleachers
- *The winner is the team winning best 2 out of 3 games
- *The 4th game is for practice, sometimes we play a 5th game
- *No new game starts after 5:00 PM
- *The referee's decisions are final!
- *Do not talk to the referee during a game
- *Captains will talk to the referee before the game, get instructions, participate in the coin toss, and greet the other team's captains
- *You must be **eligible** to play in matches!

Dress for matches:

Uniform and sneakers

No metal jewelry or hair accessories (including earrings)

Knee pads (your own if you want)

Philosophy:

* Most, if not all players are new to the sport. Everyone is treated fairly, getting what he/she needs and receives about the same playing time, the exceptions being when a player isn't practicing appropriately or misses, or is late for practice. Everyone has a role on the team and needs to learn that. Volleyball is a team sport and one person can't do it all alone. Some players are better playing in the back row. Some players are better playing in the front row. Some players are better at serving. Some players are more timid. Some players are more aggressive. Support for one another is constantly stressed, both from on the court and on the bench. Substitutions are made frequently during a game depending on how many players there are and if a player is paired up with somebody else for a position. Players need to learn that it is not personal when they come out from the game. Much thought goes into how players are arranged for a game. Questions about that can be asked at practice the next day, not during a game. Finally, players are frequently encouraged to ask questions during practice and hopefully have fun learning the skills in volleyball.

I have read and understand the volleyball expectations/consequences:

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____