

TJHSST Volleyball Team Guidance: Setting Clear Expectations for Success

This guidance outlines the expectations for all members of our volleyball team. By understanding and adhering to these principles, we will foster a cohesive, supportive, and disciplined culture that allows each player to thrive both on and off the court.

I. Team Philosophy and Values:

- **Commitment & Unity:** We are one team, and our collective success is paramount. **We show up** and support each other, celebrate achievements together, and offer encouragement during challenges. There is **zero-tolerance for gossip, inappropriate social media posts, and other negative communication about teammates** as it is toxic to team.
- **Growth Mindset:** We embrace challenges as opportunities for learning and improvement. We recognize **feedback is a gift**. We are curious to learn and embrace constructive criticism. We strive each day to be a little better as players and individuals.
- **Positive Attitude:** We maintain a positive and encouraging attitude, fostering a supportive atmosphere for ourselves and our teammates. **Celebrate your teammates successes as much (if not more) than you celebrate your own.**
- **Respect:** We treat coaches, teammates, opponents, officials, and the game itself with respect by listening, using respectful language, and accepting decisions gracefully.

II. Practice Expectations:

- **Attendance: Volleyball is not an individual sport and requires consistent attendance at practice to develop as a team.** Notify the coaching staff in advance if you will be absent. Absences from matches and practices will affect playing time in future matches.
- **Punctuality:** Be on time for every practice, ready to begin at the scheduled start time. This includes being dressed and having all necessary equipment (shoes, water bottle, etc.). Tardiness disrupts the team's flow and demonstrates a lack of respect for everyone's time. Ensure your pick-up time after practice/games does not exceed **10 minutes** after the last volleyball game/practice ends.
- **Effort and Intensity:** We want to **train harder and smarter** than every team in the district. Bring consistent effort and intensity to every drill. Push yourself to improve and challenge your teammates to do the same. Give your best effort and maintain focus throughout the entire practice. Avoid distractions and unnecessary conversations.

III. Playing Time Expectations:

- **Earned, Not Entitled:** Our coaches will do their best to provide opportunities for play to all players. However, playing time is earned through consistent effort, skill development, positive attitude, adherence to team rules, and performance in practice and games. Volleyball is not a timed sport and as such there is **no concept for equal playing time**. Other factors affecting playing time include positional needs and strategic matchups.
- **Understand Roles:** Each player has a valuable role on the team, whether it's as a starter, key substitute, or supportive teammate on the bench. Understand and embrace your role, contributing positively in any way you can. Regardless of playing time, focus on supporting the team and contributing to our overall success. Maintain a positive attitude on the bench and be ready to contribute when called upon.
- **Communication with Coaches:** If you have concerns about your playing time, schedule a private meeting with the coach to discuss it respectfully before or after practice **not during, before, or immediately after games**.

IV. Off Court Expectations:

- **Student-Athlete First:** You are a **student first and an athlete second – this is TJ after all**. Plan your time effectively to ensure you can fulfill your academic and volleyball commitments. Communicate with coaches about academic conflicts in advance.
- **Seek Support:** Utilize available academic resources such as tutoring, study groups, and teacher office hours when needed. Your academic performance reflects on the team's reputation. Strive for excellence in the classroom. If you are struggling academically, communicate with the coaching staff. We want to support your academic success.
- **Substance Abuse:** The use of illegal drugs, alcohol, and tobacco is strictly prohibited.
- **Respectful Conduct:** Treat all individuals with respect, including teammates, coaches, opponents, officials, school staff, and community members. Avoid gossip, negativity, and disrespectful language. Your behavior in school, at home, and in the community reflects on the entire program.

VI. Communication Protocol:

- **Player-Coach Communication:** Players should feel comfortable communicating with coaches about volleyball-related matters, academic concerns, or personal issues that may affect their participation. Report any injuries or physical discomfort to the coaching staff and trainers immediately. Do not play through significant pain.
- **Team Communication:** Team information (schedules, changes, announcements) will be communicated through email and other communication apps. Check these regularly.

- **Parent Communication:** Individual player concerns should **generally be addressed directly by the player with the coach first**. If that communication does not resolve the concern sufficiently, then parents may request a meeting with coaches to further discuss issues. Leave the coaching to the coaching staff.

VII. Parent Expectations:

- Support your child from a parent perspective with comments like, **“I love to watch you play!”** It isn’t necessary or desired for you to be another coach -- being a parent is a special role that should be embraced from a support perspective and not criticism.
- Treat all players, coaches, officials, parents and spectators with dignity and respect in language, attitude, behavior and mannerisms.
- Understand that your behavior reflects on your daughter and on TJHSST Volleyball.
- Pick up and drop off your child on-time.

VIII. Consequences for Not Meeting Expectations:

Failure to meet these expectations may result in consequences including removal from the team (in cases of severe or repeated violations). The coaching staff reserves the right to address any behavior or issue that negatively impacts the team environment or performance, even if it is not explicitly listed above.

IX. Commitment and Agreement:

By being a member of this volleyball team, you are committing to upholding these expectations. Your signature below indicates that you have read, understood, and agree to abide by the guidelines outlined in this document.

Player Name (Printed): _____

Player Signature: _____

Date: _____

Parent/Guardian Name (Printed - if applicable): _____

Parent/Guardian Signature (if applicable): _____

Date: _____