

2018 DOWNEY GIRLS VOLLEYBALL TEAM CONTRACT

All student-athletes and parents are responsible for reading and signing the contract prior to participation. The following rules are in addition to the school code of conduct and are Viking Volleyball team rules. All athletes participating in volleyball are required to adhere to the following.

ATTENDANCE

It is required, in the best interest of the athlete and the team that the athlete attends and participates in ALL practices, games and tournaments. If an athlete has an unexcused absence from any practice, game or tournament the following will take place: • **First offense – athlete may be suspended from the next event, coaches' discretion.** • **Second offense – athlete will be removed from the 6th period class.** • **Third Offense-Athlete is suspended for the remainder of the year and cannot be re-enrolled in 6th period (or 2nd period in Spring, 2019) volleyball class.** Athletes must notify their coach one-week prior if they are planning to miss a practice, match or tournament. There will be things that arise during the season and the coaches need to know A.S.A.P. in order to plan ahead. When illness occurs and a practice missed: The athlete may or may not start or play in the next game, at the coaches' discretion. **STUDENT-ATHLETES - ALWAYS LET YOUR COACH KNOW WHEN YOU ARE HOME SICK OR AN EMERGENCY ARISES via Remind or Email please. Communication ONE WEEK prior to any conflict is expected.** Most doctor/dentist appointments are made well in advance so this is possible. Coaches need to know so that they can plan accordingly, as one person makes a difference in a practice or a match.

INJURIES

When an injury occurs to an athlete, who requires medical treatment:
If the injury is severe and requires the student-athlete to see a physician, please provide a signed release from your doctor to get back on the court. All existing injuries need to be discussed with the head coach prior to season. This would include asthma and any allergies. Please let your coach know if you get injured during a practice.

DRESS CODE

In the best interest of the athlete, the following will be the standard personal gear required for practices and games;
Proper athletic shoes & kneepads.
For practice - Shorts and Downey Volleyball practice t-shirt.
No jewelry. Hair needs to be out of your eyes so you can see the ball.
These standards will all be enforced for the interest and safety of the athlete.

SPORTSMANSHIP

The Viking Volleyball Program encourages good sportsmanship and we expect that all athletes practice good citizenship with teammates, coaches and opposing teams. Concerns should be directly discussed with the coaches. We will not tolerate any show of unsportsmanlike conduct and the athlete responsible will be disciplined accordingly.

HAZING

Zero - Tolerance and potential immediate removal from team. It shall be the policy of the Board of Education that no student shall engage in hazing*, participate in hazing, or commit any act that injures, degrades, or disgraces any fellow student. *Hazing includes any method of initiation or pre-initiation into a student organization, or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm.

DRUGS

The use of any drugs are grounds for dismissal from team. DUSD policy applies here.

SUMMER AND OFF-SEASON EXPECTATIONS

Girls volleyball is a very competitive sport, and requires a commitment to attend camps, and to weight train & condition. Enrollment in Coach McCarthy's 2nd period Volleyball Physical Education class (spring 2019) is highly recommended. This will allow each student-athlete to maintain contact with her teammates and coaches. Club volleyball is highly recommended, as well.

PLAYING TIME – Is always earned by what you do day to day in PRACTICE.....and never just given to a student-athlete.

Junior Varsity and F/S team's goals in the program is to provide playing time for most of our athletes. However, this may not mean "EQUAL" playing time. The coaches will play the athletes who demonstrate proper behavior at practices and games. This includes: *Following the program guidelines. ***Good work ethic, *Academic eligibility, *Commitment to the program, and *Attendance.** Playing time will be affected by any of these. Skill execution is not always the highest priority. In volleyball there are 7 positions and at least 12 players on a team. This makes it extremely competitive for everyone to get playing time. This is not a recreational league where everyone gets to play. This is not club ball where you pay to play. Playing time is solely at the discretion of the head coach. Starters and substitutes can change throughout the season. Being a member of the girls volleyball team does not guarantee any playing time. The head coach has the authority to promote and demote as they determine how to create the strongest team possible. Players/Parents who are only concerned with their own playing time and own statistics are strongly urged to not try out.

One of the Varsity's goals in the program is to be as competitive as possible and to win as many games as we can. In order to do so, playing time will be based on those athletes who can help us win. This does include all the things above as well as skill execution. Roles will be defined in the beginning of the season as to what is expected of each player in each role. Playing time and positions played will not be equal. **Chain of Command: Coach to Player, playing time is not a discussable option for parents, relatives, siblings, etc.**

SOCIAL MEDIA

Please think twice before you text or post anything on Facebook, Twitter, email or any other form of social media that may reflect negatively upon the team or any individual associated with the Viking Volleyball family. Negative use of the above mentioned social media outlets may result in suspension or immediate removal from the team with **NO ADVANCE** warning. Any infraction and course of discipline is at the discretion of the Varsity Coach &/or Administration.

ACADEMICS

Academics are your priority; extracurricular activities are a privilege, not a right, so take care of your schoolwork. **A GPA of 3.0 or higher is mandatory to be able to play.** Grade checks may be done at any time at the discretion of the coach, and any GPA below 3.0 will mean student-athlete will not play (in games vs. other schools) until the GPA has reached the performance expectation of 3.0. Additionally, failure to meet the program GPA guidelines two consecutive grading periods, or comments from teachers that reflect a member of the team is disrespectful, and/or receives a poor citizenship grade, is not submitting homework on time, or not working to their full potential, could lead to removal from 6th period (or 2nd period) volleyball athletics class. ****Your attitude and respect towards others** will reflect on you, your family, the program, school and community. **Most people don't know much about Downey High School, so we want their impressions of our program and school to be very positive.** Be polite and courteous to school site support staff and thank them for their efforts on our behalf. Please keep this in mind even when you are out in public. **You are Downey Volleyball! Remember who you are and where you come from. GIVE 100% IN THE CLASSROOM AND ON THE COURT!**

HEAD COACH COMMUNICATION: (Frosh) Matthew Borlongan borlonganmatthew@yahoo.com (JV Coach) Matt Lostetter (mattlostetter@gmail.com) Varsity: rmccarthy@dusd.net (or Remind)

FUNDRAISING

Any funds (money) needs to go directly to Bookkeeper. Coaches are NOT allowed to accept anything but summer camp tuition. Are primary projects are Snap-Raise, Media Guide Advertisement Sales, or direct family donation.

ASB CARDS

All student-athletes are required to purchase an ASB Card. (\$40) Funds for ASB Card pay for volleyball officials, banquets certificates, etc.

CLEARANCE TO PARTICIPATE

Go to Athleticclearance.com.....Register for an account.

Once registered you will receive an email. Login.

Follow steps 1-4....Complete a physical form and upload. Keep a copy for your records.

Look online and make sure you are cleared. **(You should receive an email stating you are cleared. Keep a copy of your email.)**

*****You may NOT play or practice until this is completed. If you know you have not completed this information, share this information with your coach and STAY OFF THE COURT until completed.**

**Directions for Athletic clearance. Go to website, please.

***Please sign this form and give it to Coach BEFORE you leave tonight.**

Thank You!

Coach McCarthy & DUSD Administrative/Athletic Team;

I have read and understand the Girls Volleyball Team Contract & Guidelines for Downey High School, and by my signature below, will adhere to the standards and guidelines of the 2018 Girls Volleyball Program, to the best of my ability. I will support the coaches in the program and assist in any way possible to insure a successful season for both my daughter and the team she is competing on.

Student-Athlete Print Name: _____ Date Signed _____

Student-Athlete Signature: _____ Date Signed _____

Parent/Guardian Print NAME: _____ Date Signed _____

Parent/Guardian Name: _____ Date Signed _____

For Coach McCarthy Only;

____ The following Parent and/or Student-Athlete WAS NOT in attendance at our Mandatory Parent/Player Meeting. (8/20/18) They did NOT hear the presentation and are responsible for reviewing the information covered tonight and signing the form prior to the start of the season.

____ Parent Absent (Y/N)

____ Student-Athlete Absent (Y/N)