



2020 Player Contract

Welcome to the 2020 Griswold Tiger Volleyball Program. This contract is written to provide you with the expectations of the coaching staff. It is important that you read, understand and follow the contract throughout the season. The rules written in here are based on Griswold's PAWS.

Practice Respect

- Respect not only yourself but your teammates also. This should include coaches, other players, managers, etc. Remember we are all in this as a TEAM.
- Remain positive in all comments and actions. "Cutting down" or criticizing a fellow teammate will not be tolerated.
- Remember that we are all different people with different talents. Encourage teammates to always better those talents on and off the court.
- When at away matches be excited and grateful to be at their school. Don't complain or make negative comments regarding their school. You never know who might be listening.
- Everyone on the team has a role. It is important for you to embrace that role and work to carry out that role to the best of your ability.
- Believe in yourself and the TEAM. We have to believe that we can succeed in order for that success to happen.
- Be friendly and polite at all times. Say "please" and "thank you".
- Taunting, name calling, rude comments or gestures will NOT be tolerated.

Act Responsibly

- We promote honest and open communication between coaches and players and between player and player. If a player has an issue with playing time or dealing with the team, they should see their coach. Parents should encourage their daughter to discuss problems with the coach and not do it for them. We promote positive, informational, and accountable communication.
- If a problem arises with a teammate try and resolve the issue early and not let it escalate into an even bigger problem.
- Facing a conflict head-on is always better but may not be easier.

Work Hard

- You should be here because you want to be here. You should also want to have fun and you should want to be here to become a better volleyball player.
- When you are asked to do something, do it to the best of your ability. Never tell the coaches, “I can’t do that.” We believe in every one of you and would not ask you to do something you are not able to accomplish. If you say you “can’t” do something you are conveying the idea that you are not willing to do what we ask.
- We expect 110% effort out of each athlete every time you step on the floor. This includes both practice and games. You should be willing to “leave it all on the floor”, when your role is complete you should feel that you did the very best you could for YOUR TEAM. Remember “Practice the way you want to compete”.
- Always work and strive to improve yourself. Never stop or think that you have reached your best. There is always ways to better yourself in everything you do.
- Have your uniform on and looking clean and neat when you step out of the locker room.
- Never change a shirt in front of spectators. Please use the locker room for this if needed.
- Make the most of every practice. When you leave practice you should be tired, if not you did not “leave it on the court” and cheated your teammates out of your best.
- Above all believe in yourself and your abilities. DON’T sell yourself short.

Show Pride

- Be proud that you are a player for the Griswold Tiger Volleyball Program.
- Show this by setting a positive example in all that you do whether it is academic, athletic or social.
- Every player has a role on the team. Be proud of that role and always strive to do it to the best of your ability along with always wanting to improve that ability through hard work and dedication.
- Present yourself in a positive way. This means you will “dress-up” on game days. Attire should be clean, neat, and modest. Follow the GCS dress code.
- Take pride in not only your personal accomplishments and successes but also the TEAM accomplishments and successes.

Coaching Philosophy

- To ensure that each player is exposed to specific skill training along with team training that will lead them to the best volleyball player/team they can be.
- To provide a positive and nurturing setting for developing skills, a strong work ethic, mental toughness, cooperation, and good sportsmanship.
- To expose the players to competitive situations and teach them lifelong skills.
- To be honest and open in our communication with players.

Attendance Policy

- Practice is not optional.
- We understand that there are many things going on in your life and you are not just a volleyball player but remember you have made a commitment to be a part of this program and a TEAM.
- **Excused absences.** Please try whenever possible to schedule doctor, dentist, ortho, etc. appointments sometime other than school and practice time. Players must attend school the entire day

to be eligible for practice or matches. Exceptions to this are absences for appointments during that day and you must have a signed form from your doctor, dentist, ortho, etc.

- **Unexcused absences.** ISH and “No Dress” days. When a player misses practice for either of these reasons the following consequences will be followed:

Parent Roles & Responsibilities

- Your help is important in following and backing the expectations and commitments required in being a part of the Griswold Volleyball Program. Reinforce discipline in academics, time management, eating, sleeping, being on time, not scheduling things during practice times, etc.
- It is important that you are the #1 fan of your daughter AND the other players within the program. Take pride in the role that your daughter has on the team, whatever it may be. Give the girls your love and support. Leave the coaching and team decisions up to the coaching staff. Please attend your daughters games and be a positive fan enjoying the excitement and fun that goes on. It is important that you support the coaching staff and respect their ability to do their job. Know that the coaching staff will coach your daughter’s team to the best of their abilities. Please show the coaching staff the same respect you would show an individual in your place of business. Remember practices are the coach’s place of business and practices are not open to parents.
- Parents will need to provide a ride home for their daughter from the school on game days.
- After away matches if your daughter is riding home with you, you must sign her out with their coach.
- Adopt the “24 hour rule”. Try and wait for 24 hours after a competition to discuss her performance. This however does not mean you should not praise her for a positive performance. This also applies to any discussions with the coaching staff.

Academic Responsibilities

- Academics are your *FIRST PRIORITY*. You are here to get an education first and foremost.
- If problems arise, you need to let your coach know so we can work with you and decide what you need to do to resolve the problem.
- Bring homework with you to away games. Use the time after your match to do the homework.

Travel Etiquette

- Be on time for the bus. Prepare yourself prior to getting out of class and coming to the bus.
- Check to make sure you have EVERYTHING before we leave.
- Keep the noise level down on the bus. We can talk to one another, but there is no reason to shout or yell.
- Share seats on the bus. We will need to double up on most of the seats, so be courteous to your teammates.
- 8th graders have “seniority” and get the back seats in the bus.
- The front seats are reserved for coaches and guests on the bus.
- Use the travel time wisely. This time should be used to mentally prepare for the upcoming match or reflecting back on the match just played.
- Cell phones are only to be used to call parents on the way home. Phone calls and texting during travel will not be allowed.

- Absolutely no hair spray, aerosol deodorant or perfume shall be used on the bus.
- When we arrive back at the school, pick up all of the trash and take it off the bus with you. It does not matter whether the trash is yours or not.
- When you are not riding the bus back to school a parent **MUST** sign you out before you may leave. Players may only leave with their parents unless prearranged with a phone call or note to the school.

Game Day Information

- Middle school (Junior high) can compete in up to 9 official matches per season.
- Home games for the 7th grade will be played in the middle school gym, 8th grade matches will be in the high school gym.
- Matches are played using a “best of 3 format”. The first 2 games will be played to 25 and the third game, if needed, will be played to 15.
- We should play 2 matches, time permitting.
- Rally scoring applies for all games.
- Normal volleyball rules apply which does include the use of a libero.
- On away games the bus should return to the school around 6:15pm. Parents please be there to pick-up your daughter.

Equipment & Uniforms

- A uniform jersey will be loaned to you. It is your responsibility to keep it clean and neat. They are to worn only for matches, not practice or to school. You will be required to provide a pair of BLACK shorts to wear as part of your uniform.
- Kneepads are required.
- Shoes should be good fitting and preferably not the same pair used for everyday wear.
- ALL jewelry must be removed for both practice and matches. Have a container (ziploc bags work well) to place these items in; coaches will not be responsible for holding these items.
- Practice attire should be clean and consist of a t-shirt, athletic shorts, kneepads and court shoes, no deep cut-out sleeves.
- A personal water bottle is recommended for both practice and matches. It is VERY important to stay hydrated to perform at your best. Drink water or sports drink and try and stay away from pop.

We look forward to working you this season!

Go Tigers!!

Coach Bissell and Coach Mortensen