



Lakewood High School Girls Volleyball
Harry J. Moore League Champions
1979,1980,1982,1983,1986,2007,2013,2014,2015,2016
1983 CIF Champions
2007 Division I State Champions

LAKEWOOD LANCER GIRL'S VOLLEYBALL 2017 TEAM CONTRACT

CO-CURRICULAR ACTIVITY CODE

The co-curricular code covers L.B.U.S.D. and CIF policies regarding co-curricular participants. All athletes are responsible for reading and signing the code prior to participation. The following rules are in addition to the code and are Lancer 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 will be suspended from the next event.
- **Second offense** – athlete will be suspended for the remainder of the season and removed from the 6th period class.
- Athletes must notify their coach one-week prior if they are planning to miss a practice, match or tournament. Things come up during the season and the coaches need to know A.S.A.P. in order to plan ahead.
- **A student must be in school for (4) periods that day in order to participate in the match that day.**
- When illness occurs and a practice missed:
The athlete will be unable to start or play in the next match.

Any doctor/ dentist appointments that will make you miss practice or a match will need to be told to the coach one-week prior. Most appointments are made in advance so this is possible. Coaches need to know so that they can plan accordingly, one person makes a difference in a practice or a match.

Cramps - Athletes are asked to take whatever measure they need to in order to feel good before practice starts (what ever medication is needed to relieve pain). If there is still a lot of discomfort the athlete is still required to suit up and participate as much as possible and/or help hand volleyballs to coach and help out in drills. This way they won't miss out on anything new covered in practice and they will also be able to play in the match the next day.

INJURIES

When an injury occurs to an athlete, who requires medical treatment:

- The athlete will be unable to participate until the head coach has a signed release from the Doctor as per District policy.
- Along with a signed note, a list of any measures that need to be taken to help assist healing and/or prevent further injury will need to be given to the head coach.

If no medical treatment is needed:

- The athlete has to have a signed note from a parent/guardian releasing the athlete to participate again along with any measures that need to be taken in order to prevent any further injuries.

All existing injuries need to be discussed with the head coach prior to season. This would include asthma and any allergies.

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** - A shoe that can be tightened and tied completely.
- **Kneepads**
- **For practice** - Shorts and Lakewood Volleyball practice t-shirt.
- **Hair will be pulled up and out of face**
- **No jewelry**

The athlete will not be allowed to participate until they meet the requirements. Again these standards will all be enforced for the interest and safety of the athlete.

SPORTSMANSHIP

The Lancer 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. Any violence or physical conduct towards players, coaches and opposing teams will result in an athlete being dismissed from the program immediately.

PLAYING TIME

Junior Varsity and F/S team's goal in the program is to provide playing time for all 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 rules**

***Good work ethics**

***Academic eligibility**

***Sportsmanship**

***Commitment to the program**

***Attendance**

Playing time will be affected by any of these. Skill execution is not always a priority.

In volleyball there are 7 positions and usually a minimum of 12 players on a team. This makes it extremely competitive and difficult for everyone to get playing time. This is not a recreational league where everyone gets to play and everyone gets a plaque. This is not club ball where you pay to play and have a voice in how the program is run. *Playing time is solely at the discretion of the head coach.* Starters and subs can change throughout the season. **Being a member of the girl's volleyball team does not guarantee any playing time.** A head coach has the authority to promote and demote as they determine how to

create the strongest team possible. Players who are only concerned with their own playing time and own statistics are strongly urged to not try out in the first place.

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.**

SOCIAL MEDIA

Any type negative posting via text, Facebook, Twitter, Snap-Chat, Instagram, email or any other form of social media will not be tolerated and may result in suspension or immediate removal from the program. Any infraction and course of discipline is at the discretion of the Varsity Head Coach and/or Administration.

ACADEMICS & CLASS CONDUCT

Academics are your priority; extracurricular activities are a privilege, not a right, so take care of your schoolwork. Any type of classroom disruption i.e. Referral, Suspension and/or Tardiness can result in a suspension or dismissal from the program.

A GPA of 2.0 or higher is mandatory to be able to play.

**Your attitude and respect to others will reflect the program, school and community. Please keep this in mind even when we are not at a volleyball event.

GIVE 100% IN THE CLASSROOM AND ON THE COURT

Lakewood Girl's Volleyball Dignity of Effort

If you work hard you will become excellent and because of that excellence you may do great deeds and win great prizes: unless of course you don't. Because sometimes the other person or team is better or luckier. In which case you simply have to be satisfied with your own excellence and the dignity of your effort.

With my signature below I acknowledge that my parents and I have read and agree to abide by the Lakewood High School Lancer Volleyball rules.

Athlete _____ Date _____
Print/Signature

Parent/Guardian _____ Date _____
Print/Signature

Parent/Guardian Code of Conduct

Parents and Guardians play a critical role in developing their child's character by reinforcing appropriate behavior. This is especially true in a competitive environment. We believe that parents' positive actions both verbal and non-verbal, serve as effective learning tools for their children.

In order for all volleyball events to be a positive, wholesome and rewarding experience for all involved, the following code of conduct needs to be followed by parents/guardians and other family members when in attendance.

- a. Your child's participation on a team is a privilege, not a right. Keep athletic competition in perspective. It is a part, not the main focus, of your child's educational experience. Your child is expected to behave appropriately, which includes good sportsmanship, supporting her teammates, and winning/losing with honor. Parents are asked to behave in a similar fashion.
- b. Be positive: encourage your child to do her best when competing. Cheer for good play and refrain from negative comments/gestures.
- c. Officials: treat officials with respect. Their job is to do their best to enforce the rules. Do not complain or argue about calls/non-calls during or after an athletic event.
- d. Fans/Coaches: treat others in attendance with dignity and class. You may not agree with a coach's strategy, but during/after the game is NOT the time to discuss it. Schedule an appointment to voice your concerns with the coach or Athletic Director. Playing time is not a discussable issue.
- e. Be a role model: your child is watching you. Set a high standard of behavior so your child can be proud of you. Your behavior can affect your child's performance. Represent your child, your school and the program with integrity, dignity, and class.

By signing below you are agreeing with the code of conduct of the Lakewood Girl's Volleyball program. You also acknowledge that you may be disciplined if you violate any of its provisions. ***Discipline may include, but not limited to, being denied entrance to any Lakewood Girl's Volleyball school related event.***

Parent/Guardian _____ Date _____
Print/Signature