

# Titan Volleyball 2020

## Team Rules and Guidelines

### Practice

Practice schedule will be prepared weekly. Each player will receive a schedule and it will also be posted outside of the locker room. On the schedule you will find the time of practice and the departure times of any games that week. Practice will run for approximately an hour and a half to two hours. Practices are closed to parents. This is a time for players to better themselves with minimal distractions.

### Attendance

If an athlete missed school (even half of a day) because they are sick, they are not permitted to practice or play in a game that day. This does not apply if an athlete is excused due to an appointment or family emergency. Coaches must know *before* practice if an athlete will not be at in attendance. If not, it will be an unexcused absence.

### Travel

Dressing up on games days should not be an issue. We will wear Standard Dress to the game. Travel gear is to be worn after their match is completed. For those without travel gear, please wear red or black sweatpants with a Trinity shirt. For tournaments, travel gear can be worn to and from the venue. If an athlete is not planning on riding the bus, the parent must give written permission.

### Curfew

Athletes need rest to perform well in school and on the court. These times are to be enforced throughout the season.

School Nights - 10:00 p.m.

Weekends - 12:00 a.m.

Night Before Game - 9:30 p.m.

### Eligibility

*Grades:* The student athlete is required to maintain a 70% average or higher for each class, according to the Student Handbook. Those who fail to meet this will be ineligible for the week starting Wednesday to the following Tuesday.

*Illegal Substances:* Those who possess or use alcohol, tobacco, or other illegal substances will be ineligible effective immediately. Suspension for the first offense will be for a 6 week period, according to the Student Handbook.

## Playing Time

Must be earned and is not guaranteed!

## Uniforms

It is your responsibility to take care of the uniforms given out. Wash them separately and in cold water.

The player is responsible for their own spandex/shorts. For games, they must wear black bottoms.

Shoes should be mostly white and can have red, black, or grey accents.

White socks and white kneepads are also a part of the game-day uniform.

## Concerns

Our program follows the 24 hour rule. You can schedule a meeting with the coaches after 24 hours has taken place. This should concern only your daughter and not someone else's. We will only meet if the athlete is present. If the meeting is about them, then they should be involved in the meeting. This is not a time to talk about playing time, game strategy, or other players. As a staff we do what we feel is best for the team. There are going to be ups and downs throughout the season and how we respond to successes and failures is an important part of education.

## Communication

Our staff is very busy outside of volleyball. When contacting us, please do so at a respectable time. We will accept e-mails or phone calls.

Varsity:	Breanna Sisson breanna.sisson@k12.nd.us 701-290-6768
Junior Varsity:	Rebecca Overbo
"C" Team:	Kayla Hecker
Assistant:	Halie Skadeland
8th Grade:	Gail Yazzie
7th Grade:	Amber Carlson