

Longfellow/LDI Volleyball

Welcome to Longfellow/LDI Volleyball. We are excited to get started and have fun this season! We have prepared this sheet so that you and your player know what is expected this season. Players and parents, please read this over, sign it and return it to a coach by Friday, September 7th, 2018.

What is needed to become a good player?

- Team spirit, cooperation, ability to listen to coaches, and of course good sportsmanship.
- A desire to improve and have fun.
- Pride in yourself, teammates, coaches, and Longfellow Middle School.
- Leadership---encourage your teammates.
- Play hard all the time at practice and in games---give 100%.
- Academics come first! If you have a D or lower in one or more of your classes, **playing time will be significantly impacted.**

What about practices?

- You must have an insurance form and physical card turned in to the office to practice or play.
- Practice will be from 2:55 until 4:30 each day. **BE ON TIME!** Set up the nets as soon as you get into the gym. Players will also be expected to take nets down after practice and games.
- You are making a commitment to volleyball, therefore, you are required to be at every practice with some exceptions (illness, family obligations, etc.). If you are going to miss a practice, bring a note from your parents and **YOU** give it to a coach. An email from your parents is also acceptable. If in doubt, talk to your coach.
 - If you have an unexcused absence, you will **play less or sit out of the next game.** Three or more unexcused absences may result in being asked to leave the team.
- No pop or snacks in the gym for practice or games.
- No cell phones, put in bag until the end of practice.
- When you leave practice, **you must exit out the gym doors.** Bring all school bags to practice. Keep your things secure. Make sure to lock up. *We are not responsible for lost items.*

What equipment do I need?

- Volleyball shoes: Tennis/basketball shoes (you **can't** practice without proper shoes for safety reasons).
- Water bottle that is labeled with your name.
- T-shirt and shorts for practices. Dress appropriately.
- Kneepads (optional, but highly encouraged).
- Jewelry of any kind is not allowed at practice or games.

What about games? Rides? Times?

- You will receive a game schedule in the first week. It is always subject to change.
- For home games, players will be designated a meeting spot to go to after school. No wandering in the building.
- During matches, you will sit with the team, even if you are not playing in a particular game.
- No cell phones, put in bag until matches are over. Support your teammates!
- Dress at Longfellow for away games. Stay in the gym after the game begins. All players need to stay for the entire match.
- Appropriate behavior is expected at all games—sportsmanship and support for both teams!
- It is the policy of the school that an athlete may only ride home with his/her parents/guardian, unless you fill out paperwork found in the office. **Parents must sign their player out** with a coach if taking your athlete home after an away game.

I have read and understand what is expected of me as a member of the LMS/LDI Volleyball Team.

Player's Name (Print): _____

Date: _____

Player's Signature: _____

Parent Signature: _____