Season Rules

**Attendance:**

You are only allowed to miss 2 practices without an excuse. Homework does not count as an excused absence. Leaving early is not permitted unless have discussed with **both** the **President and Vice President** ahead of time. The best way to let us know is by putting both of us in a group message and letting us know why you need to leave early. The only absences that are excused are work obligations, military obligations, hospitalization, or death of a relative. Our practice schedule is not very demanding, therefore it should not be too much to expect everyone at each practice. If you know that every Wednesday or every Friday you cannot attend practice, you are not eligible to compete with the travel team.

We only practice two times a week and if you manage your time correctly volleyball should not interfere with other obligations. If you have a problem or other commitments please make me aware, because there will be others who could have your spot.

The first missed unexcused practice will result in a punishment such as if a tournament is approaching playing time can be affected.

If there are more than two unexcused missed practices it results in no longer being a part of the travel team. Your money will **NOT** be refunded.

**What is a missed practice?**

* If the President or Vice President does not know about your absence prior to the practice.
* If you do not inform me that you will not be attending practice, meaning you do **NOT** tell your teammate to inform me. You need to inform me directly. The correct procedure for informing us that you will miss the practice is by placing the President and Vice President in a group message. Our numbers will be provided to everyone. Within the message, place your name and the reason you will not be attending.

**Punctuality:**

**BE ON TIME**. Anyone who shows up past 5 minutes are subject to a punishment. Meaning you should be in your gear and ready to practice by either **7:05pm** on Wednesday’s or **3:05pm** on Friday’s. However, if you know ahead of time that you will be late please make the President and Vice President aware so that we can plan accordingly. The 5 minute grace period does not mean be here at 5 minutes after the time we start. If you’re not on the court in your gear ready to practice, each minute that you are late will be 1 lap on the track, plus the warm up laps ran by your teammates.

**Setting/Breaking the nets:**

Everyone needs to be a part of setting the net up. The net needs to be ready by 7:05PM on Wednesday’s and 3:05 on Friday’s. Your gear should be on and ready to practice on time. Not just putting on your gear when 9pm hits. Each practice will start off with 2 laps, plyometrics, and then pepper with a new partner each day unless otherwise noted, so no one should be told to start practicing. At the end of practice everyone needs to be involved in breaking down the net. We are all one team/club and everyone needs to participate.

**Cellphones:**

Cellphones have been a problem in the past so this semester there will be a limit on the use of cellphones. You can check your cellphones during our breaks and before we start practice. When break is over the phone goes up, you do not continue to finish your message and then come back to practice. Exceptions can be made on case-by-case basis, but otherwise keep the phones away.

**Respect:**

There should be no talking while explaining drills. There should be no playing around during drills and/or explanations. Everyone needs to respect their teammates and other members of the club. If you have a problem with someone it needs to be addressed either your president and vice president first and then it can be addressed as a team. If your President or Vice President tells you or the team to do something, you need to respect it. There should be no changing of the drills or rules. If you have an opinion pull a president to the side and discuss it, but we have the final say!

**\*\*\*Disclaimer: If you break any of these rules you are subject to being kicked off with no refund of the money you have already submitted. Your signature of this contract means you understand the rules and the actions that follow if this contract is not followed.\*\*\***

Name (signature): Date: / /16