



7th & 8th Grade Volleyball Rules & Procedure

Welcome to the 2018-2019 Minooka Indians 7th & 8th Grade Volleyball Season. My name is Mrs. C. Berta and I will be coaching this year's 8th grade team and Ms. Diamond will be coaching the 7th Grade team. We are looking forward to a successful and fun season with your student-athlete!

8th Grade Team Philosophy:

The 8th grade volleyball program has a **highly competitive** approach. Skill level, positions, offense, positive attitudes and defense will be reinforced and we will begin to learn a higher level of game play. An effort will be made to get each athlete in a match when possible, **but playing time is not guaranteed.** The players who exhibit the desired qualities will start, and we will play to win, subbing when possible.

7th Grade Team Philosophy:

The 7th grade volleyball program begins to take a competitive approach towards athletics. This level is to develop skills, learn positions, and learn an offense and defense. Although "equal" playing time is not guaranteed, an attempt will be made to have all 7th graders see court time during the regular season matches. In conference games, tournaments, or once the team enters the post season (IVC, Regionals, Sectionals, State), the players who exhibit the desired qualities will start, and we will play for the win, subbing when possible.

*****If you are not starting at the moment, that does not mean you won't ever. Work hard, ask for help when needed, and be patient. Athletes who sit on the bench pouting and looking bored will not improve their chances to play. Remember to be a team player and cheer on your teammates!**

Practice:

See attached schedule for all practices scheduled this season. Please be aware there may be changes made to practice times. Athletes will receive a copy of the schedule after making the team on December 05, 2018. All 8th Grade athletes will be required to have the remind app to communicate any changes in schedule. See attached sheet for information. We will also have morning practices this season starting at 6:15AM due to gym space and events.

Games:

You can check the school's website (www.min2o1.org) under "Athletics" and select "Sports Schedules" to see the game schedule for this year. The game schedule should be set, but check back occasionally for any possible changes.

~On game days, athletes are to stay after school. They are to meet in the gym with all of their things.

~When we have an away game students will be picked up at the Minooka Junior High.

***If you want to take your child home from an away game you will need to sign the sign out sheet with Mrs. Berta or Ms. Diamond after the game.**

***If you are allowing your child to ride home with another parent we MUST have that in writing before the game. We cannot allow a student to ride home with a non-family member if there is no note.**

Home Games:

All players will either dress up or wear “spirit wear” for home games. All players are to report to the gym as soon as school is out to set up the nets. After a coach has told you the gyms are ready, the athletes may go change and have a snack.

***For all games, athletes are not to leave the match until **BOTH** teams have completed their matches (or in the case of home games, all of the equipment is put away). If the athlete needs to leave before matches are complete, please notify the coach 24 hours in advance (unless an emergency occurs) so that it may be considered excused. Remember 7th grade that the 8th graders must stay during your game, and they need your support during theirs as well!

Away Games:

All players should be ready to go 15 minutes before bus time when possible. All athletes will wear dress attire for away games. This means an appropriate-length skirt or a nice pair of pants and dress shoes. No jeans, t-shirts, or gym shoes.

Any player riding the bus home from an away match must have a parent/guardian sign them out on a bus release form provided by their coach. If an athlete is going home with someone else's parent/guardian, the coaches need a letter allowing us to send your daughter home with someone else. *If you would like to, you can write a note stating that your daughter can ride home with certain parents all season.

Equipment:

***It is an IESA rule that NO jewelry (watches, earrings, rings, bracelets, necklaces) be worn, unless it is for medical purposes.

***It is an IESA rule that no clips, barrettes, or bobby pins longer than 2 inches, glitter, hard headbands, etc. be worn.

Uniforms:

Each player is responsible for the uniform issued. Anything lost, stolen, or damaged must be reimbursed by the athlete. As the weather gets colder, you must bring warm clothes to wear outside. DO NOT go outside with just your shorts and shirt! You must also have a good pair of athletic shoes that you only wear inside. The best way to keep uniforms clean and looking new would be to wash them separately in cold water and hang dry them. **Uniforms are not spiritwear** and are not allowed to be worn to school or at any time besides the game.

Attendance:

~Athletes are expected to be at every practice and on time.

~Practices will be excused only with a note from a parent before practice begins. (Exception: illness from school or sent home sick from school.)

~Absences from matches will be excused only for family emergencies or illness from school.

~Three unexcused absences from practices or games will result in the athlete being dismissed from the team.

~If your child cannot make it to practice you can email Mrs. Berta (8th Grade) at cberta@min201.org or Ms. Diamond (7th Grade) adiamond@min201.org call (815) 467-2136 ext. 3604 and leave a message or send a message on Remind ASAP!

Eligibility:

- ~Grade checks are made weekly. Any failing grade in a subject will result in ineligibility for the week (Monday-Sunday).
- ~Ineligible students cannot attend practices or games that week.
- ***Any athlete who is ineligible for 3 weeks throughout the season will be dismissed from the team! No exceptions!**

Code of Conduct:

- ❖ Student-athletes will conduct themselves properly and treat fellow teammates and coaches with respect at practices and games.
- ❖ Student-athletes represent Minooka Junior High School, coaches, and their team. Please act appropriately at all times and proudly represent the above.
- ❖ Equal playing time is NOT guaranteed. Coaches have the responsibility of evaluating players during each practice and during games. Playing time is earned! It is expected that each player give their full commitment and 110% of their effort to their team. Failure to do so could result in less playing time.
- ❖ Players must be “coachable” and willing to change technical skills.
- ❖ Players are expected to hustle at all times; during practice and at games/tournaments.
- ❖ Players are expected to be supportive of their teammates on the court and while on the bench. Poor conduct could result in reduced playing time.

Unacceptable Behavior:

- Making Excuses
- Not giving maximum effort
- Not shagging hard during drills
- Negatively criticizing a teammate-talking behind a teammate's back
- Poor body language-displaying an “Attitude”
- Not going on the floor for a ball which lands in your area of responsibility
- Not paying attention during explanations
- Being late
- Giving up
- Not communicating

Parent Guidelines and Conduct:

- ❖ All parents are expected to conduct themselves in a positive fashion while their athlete is participating in the MJHS Volleyball program.
- ❖ During games, parents are asked to be respectful of players, coaches, other parents, officials and the working team.
- ❖ Any negative comments will not be tolerated. If there is an issue, your student-athlete should communicate with the coach first and discuss any concerns they may have. If things are not resolved, then the student-athlete, Coach and Athletic Director will meet. Finally, if the issue is still not resolved, parents will meet with Coach and Athletic Director. These meetings **will not** take place before or after a game.

Activity Fee:

An activity fee of \$40 must be paid IMMEDIATELY and please make checks payable to MJHS.



Parent-Athlete Volleyball Contract

I, _____, the athlete, have read the rules, regulations, and procedures of the Minooka Junior High School volleyball program. I am ready, willing, and able to abide by them. I promise to do my best to contribute 100% to the program.

Athlete's Signature _____

I, the parent/guardian, have also read the rules, regulations, and procedures of the Minooka Junior High School volleyball program. I have discussed them with my daughter, and I understand what is expected from her. I will do my best to see that my daughter fulfills her part of the contract.

Parent/Guardian Signature _____

