

Highland Girls Volleyball Player Contract 2023

Player Expectations:

- I will act with respect toward myself and those around me including and not limited to my teammates, coaches, parents, teachers, opponents, and spectators.
- I will give 100% effort to practices, games, and events while understanding that my effort demonstrates my commitment to the team, program, and school.
- I will notify the coaching staff of any physical or personal interferences that may affect my performance prior to the scheduled event and as soon as I am made aware of the issue.
- I understand that I am not allowed to use tobacco, alcohol, or illegal drugs in any form and must abide by the school guidelines.
- I will discuss any issues I identify, either personal or with a teammate, staff, or other related individual with my coach first.
- I will actively inspire my teammates to uphold all of the expectations and actions detailed in this contract.
- I will accept the consequences for any and all failures to comply with this contract. Consequences being determined by the coaching staff and school administration. I acknowledge that failure to uphold any of the actions detailed within can result in the removal of the student athlete from the Highland High School Girls Volleyball Program.

As an Athlete I will:

- take the time to review the schedule immediately and often to make certain that I will attend every single scheduled event for the duration of the program.
- prioritize my time involved with my volleyball program by leaving outside distractions outside of practices, games, and group chats.
- continue to uphold my school citizenship by putting only family health and academics before volleyball during my season of sport.
- not participate in, film, celebrate, or facilitate in any manner fighting verbal or physical.
- play by the rules of volleyball. Displaying fair play by treating all those involved with dignity and respect.
- hold myself accountable for game day and practice day duties and responsibilities delegated to me by my captains, coaches, administrators, and booster officials.
- participate in the whole program including fundraising and team bonding events.
- put volleyball as the season of sport first above all other sports, clubs, and extracurricular activities.
- trust that my coaches are making decisions for the benefit of the team first and I will do my best to support their decision in any and all instances.
- work toward earning my playtime during games by proving my coach-ability, dedication, skill, and team synergy during practice, games, and any other program events. I understand that all playtime is earned as an athlete and that I am competing with others that are also working to earn their spot.
- speak directly to my head coach if I believe any of the above may become an issue in the future.

Parent Code of Conduct:

Understand and endorse the purpose of our program: to help our athletes become hardworking, dedicated, focused individuals that can take their learned skill set from the court into the world. Support the coaches by applauding player behavior in your child and her teammates that demonstrates characteristics of integrity, empathy, sacrifice, respect, and responsibility.

Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting parents, and spectators.

Encourage your child and her teammates to make positive statements even when they make mistakes.

At every practice they are growing physically and emotionally.

Refrain from boasting about your child's accomplishments.

In the event that my child or I fail to comply with the actions detailed in this contract I will support the decisions of the coaching staff and administration. Consequences being determined by the coaching staff and school administration. I acknowledge that failure to uphold any of the actions detailed within can result in the removal of the student athlete from the Highland High School Girls Volleyball Program.

When problems or questions arise, please have your daughter present the problem to her coach. We want players to develop self-advocacy. After meeting with her coach, if the issue requires more clarity, contact the coach directly. Respect the chain of command: Player - Level Coach - Head Coach - Athletic Director - Principle.

Contacting the Coach:

- If necessary discuss the issue with your daughter first.
- The first line of communication is between the player and the coach.
- It is strongly suggested that you not contact a coach directly before or after a match or tournament.
- The initial contact can be made via email or phone.
- Respect the timing of phone calls. Consider the day and time beforehand.
- Allow the coach time to respond before taking it to the next level.

Meeting with the coach:

- Your daughter should be advised that you are meeting with the coach and should be given the opportunity to attend if her participation is relevant to the topic.
- All conversations should be courteous and professional.
- Everyone should get a chance to talk and everyone must be willing to listen.
- Meetings will only be made by appointment.

Things to ask about:

- What was the reason for the decision or the action in the situation regarding my child?
- Does my child work hard and have a positive attitude at practice and at games?
- In what areas does my child need to work toward improvement?
- Do you have drills, suggestions, or activities my daughter can use to make improvements?
- Is my child an actively positive addition to her team?
- Is there something I can do to help the coach, team, or program?

Things NOT to ask about:

- Other players.

Red Flags for parents:

- Trying to solve problems for your child. Let her be the one to try to work them out first.

By Signing this Player Contract I acknowledge that failure to uphold any of the actions detailed within can result in the removal of the student athlete from the Highland High School Girls Volleyball Program.

Parent/Guardian _____
Date _____

Student Athlete _____
Date _____