

IRONWOOD RIDGE VOLLEYBALL

VOLLEYBALL PLAYER EXPECTATIONS

The following information is intended to give prospective student-athletes an understanding and sense of the expectations that are demanded upon the volleyball players at Ironwood Ridge once they earn a position in the program. These commitments are consistent with most high performing high school programs and the other interscholastic and extracurricular activities at Ironwood Ridge High School.

The expectations listed are not a conclusive list— once the volleyball teams have been selected, all volleyball players will receive a Player/Parent Handbook detailing the Policies and Procedures of the Volleyball Program.

Players that do believe that they will not be able to fully participate in the volleyball program, they should address their concerns with the coaching staff prior to Team Selections; or consider not trying out.

ACADEMIC STANDARDS

First and foremost, volleyball players must be good students. Players must maintain an acceptable grade point average and attendance record, as well as demonstrating positive classroom conduct at all times. The coaching staff is serious about the success of every student-athlete in the program. Being placed on Academic Probation will result in a reduction of playing time. Academically ineligible players may not be asked back the following year.

PLAYER EXPECTATIONS

The behavior standards for our IRVB players are extremely high. You will be a representative of the volleyball program and Ironwood Ridge High School – whether you are on or off the court.

- a. Players are expected to be role models on and off the court—this includes the classroom and in the community.
- b. Players must abide by the Academic standards.
- c. Players must be organized—this includes being on time for all practices and team meetings.
- d. Players must be in shape for practices and competitions.
- e. Players must be mindful when posting on any Social Networking Sites.
- f. Players must refrain from all illegal activities.
- g. Players must participate in all IRVB fundraising activities during the season and off-season.

VOLLEYBALL SEASON EXPECTATIONS (PRACTICE/COMPETITION)

During the volleyball season, all athletes will be expected to attend **every** practice session, team meeting, work-outs, and competition. Missing training sessions or competitions for reasons other than school-sponsored activities or excused illnesses will be considered unexcused and could result in a suspension from the team. Three unexcused absences may result in the player's dismissal from the volleyball program.

LABOR DAY/FALL INTERSESSION: There are practices and competitions scheduled during these school holidays. Please make sure to communicate all vacation plans with the coaching staff.

OTHER SPORTS/ACTIVITIES DURING THE VOLLEYBALL SEASON: Players may participate in other activities during the Fall season, however please understand that high school volleyball will be considered the priority that IRVB players *should not to miss any high school practice/competition to attend a club or other event*. Players missing practices or competitions in order to participate in any outside sport/activities (other than school-sponsored events) could see a serious reduction in their playing time.

OFF-SEASON EXPECTATIONS

While the volleyball program does not expect our players to play volleyball year-round, we do believe players need to find ways to improve as a player and athlete during the off-season. Staying in shape in the off-season is vital to the success of our program. The program encourages players to do this by playing other sports and enrolling in Sports Conditioning. In addition, the volleyball program provides off-season training opportunities, including strength and conditioning, open beach, volleyball camps, etc.

