

FHS Men's Volleyball Player/Parent Rules and Guidelines 2020

Coaches

1. Lewis Miranda (Head Varsity)
2. Chad Ortiz (Assistant Varsity)
3. Janet Hough (Head JV)
4. Olivia Stet (Head B Team)

Items Issued to Players

1. Two game uniforms (Must be returned at end of season in good condition).
 - a. Uniform consists of 2 jerseys and 1 pair of shorts.
2. One Program Shirt

Attendance

1. By choosing to participate in this program, you have committed yourself to attending every volleyball function for the 2019 season.
2. You may not miss practice, tournament obligations, or matches for any other reason than a graded school function, a family emergency, or illness. In the case of repeated absences due to illness (more than twice), you must provide a doctor's note clearing you to play.
3. If you have already committed yourself to a club program for another sport, we encourage you to continue in this sport, however, you may not miss any volleyball practices, competitions or team functions, for another sport during the 2020 season. The regular season begins on Monday, February 22, 2020 and will end in May at the completion of the Varsity season.
4. Varsity athletes, including sub varsity players who are moved up for post season competition, may not attend pre-season intramurals for another sport at FHS during the Volleyball season (regardless of playing time). Post-season competition begins May 4, 2020 and ends May 15, 2020 (if the team qualifies for the State Championships).
 - a. 3 unapproved absences will result in removal from the program.
 - b. Late arrival to practice, without notifying your coach, will result in unapproved absences.
 - c. A No Call – No Show will result in immediate removal (coach's discretion may be necessary in some cases)

Practice

1. Players must wear the appropriate practice attire at all times.
 - a. Athletes should wear school or neutral colored athletic shorts and t-shirts, plain black, grey, navy, or white socks (long or crew), and court shoes. Active ankles and knee pads are to be used at player's discretion.
 - b. All jewelry is to be removed before every practice and competition.
2. Practice will vary based on athletes team, but will be held each day after school. We ask that players arrive in the gym no later than 15 minutes prior to the practice start time, dressed and ready to practice, in order to set up the proper practice equipment. If the proper equipment is not

set up by the start of practice, this will take away practice time and consequences will be issued to the entire program. Saturday practices will typically start at 8:00 a.m., but times may vary.

3. All practices are closed to spectators.
4. Notify your coach (not teammates) if you feel you will be late for any reason.

Discipline

1. You must show respect for your teammates, teachers and your coach. If you are determined to be in violation of any team standard or expectation, you may expect the following corrective actions:
 - a: Physical conditioning
 - b: Removal from practice or game
 - c: Removal from position in game playing rotation
 - d: 1 or 2 game suspension
 - e: Removal from team (Three practice removals results in dismissal from team)
2. Foothill High School conducts random drug testing. Any athlete that is pulled for drug testing and is found in violation will be **immediately removed** from the team.

Matches

1. On match days, players who are not picked up by their parents after school should find a place in the school to study or retake exams. Players will not be permitted to loiter outside of the athletic office or in the quad area. Room 705 is always open to players who need a place to go.
2. All players must be present and on time for any pre-game activities as specified by the coach. This may not be in writing.
3. Players must ride the school bus to and from each away match and must remain at Foothill to support the Varsity team and clean up the gym during home games.
 - a. B and JV players MAY NOT sit with friends or parents while supporting the Varsity team. Players MUST sit together in the area designated by their coaches for the entirety of the Match.
4. Varsity players will be responsible for gym setup before home matches, B and JV will be responsible for tear-down.
5. Parents should meet the players at FHS after away matches to pick them up. Players may not travel home with their parents after an away match unless there is an emergency situation. In this case, players will be released ONLY to their own parent or guardian with a note written and signed by that parent or guardian.
6. Coaches will not meet to discuss any problems that parents may have on the day of a match. If any parent has an issue that they feel needs discussion, that parent should set up a meeting with the athletic office and the coaches will reserve time to speak with them. Playing time will never be discussed and is at the coach's discretion. Players will not receive equal playing time. It is the philosophy of the program that playing time is a privilege and not a right.
7. All emails from parents will be forwarded to the athletic office.

Concessions

1. Selling food and drinks is an opportunity for the program to raise money. We ask that parents volunteer time to help with the sale of goods during times when their son is not playing. We do not ask that parents work the concession stand during a JV match if their son plays on the JV team.
2. Concessions donations.
 - a. Freshmen/JV – please bring one case of water each.
 - b. Varsity – please bring one case of 20 oz. mixed Gatorade each.

Tournaments

1. All players are required to participate in and work at all season tournaments. This includes set-up and tear-down procedures. Tournaments are one of our few sources of fundraising for volleyball.
2. Easter Tournament (Varsity) – April 6-7, 2020
3. Possible Playoff Site – May 4-15, 2020

Student-Athlete

1. All players must adhere to all school policies, to include behavior and dress-code, in order to remain a part of the program.
2. Students must attend ALL classes on the day of a match to be eligible to play and must provide a doctor's note describing the nature of the absence, to the attendance office, if they left campus for any reason.
3. Players must maintain a 2.0 GPA to remain in the program.
 - a. If an athlete appears on the academic watch list, he will have one week to bring up his grades or will become ineligible to compete in competition, but must still attend all practices. If the grades are not improved after the week of ineligibility, he will be ineligible for two more weeks. If the grades are not improved after those two weeks he will be removed from the program.
 - b. If a player is deemed INELIGIBLE twice, he will be removed from the program.
 - c. Players must be able to handle the stresses of balancing sports with academics. Players will not be allowed to skip practice to study unless they have been deemed INELIGIBLE.

Impact Testing

All athletes will be IMPACT tested. This is a computer test designed to assess your level of intelligence prior to a concussion. If the athlete receives a concussion during the course of the season, he will have to pass this test with the same score he received pre-concussion. PLEASE PAY ATTENTION TO THE DIRECTIONS DURING THE TESTING PERIOD SO YOUR INTELLIGENCE CAN BE ACCURATELY ASSESSED!!!

Cell Phones and Other Devices

1. Keep them out of sight during all volleyball functions; to include: sitting in the bleachers during home and away games.
2. Players may listen to music on the bus quietly to themselves to and from away matches. If you distract other players, coaches or the bus drivers, this privilege will be taken away.

3. If a player is having trouble following this rule, their device will be taken and given to the athletic office, where a parent can then pick it up.

Social Media and Conduct Detrimental to the Team

Members of the 2020 Men's Volleyball Program are expected to be positive members of the Foothill Athletic and Academic community both on and off campus at all times. Any violations of this policy will result in discipline according to the discipline policy listed above. The level of discipline will be at the coach's discretion based on the severity of the violation. Conduct detrimental to the team includes, but is not limited to, the following:

1. Slandering teammates, coaches, or members of the Foothill community on Social Media sites such as Facebook, Twitter, Instagram, etc...
2. Participating in or spectating a fight on or off campus while representing Foothill Men's Volleyball Program.
3. Illegal use of drugs or alcohol.
4. Disrespectful interaction with adults and authority figures while representing Foothill Men's Volleyball Program.

Varsity Lettering Criteria

Failure to meet the following criteria may result in not receiving a varsity letter:

1. Must be on Varsity more than 75% of the season.
2. Exhibit exemplary sportsmanship and dedication to Foothill Volleyball.
3. Have no more than 2 unexcused absences.
4. Meet the requirements of the player contract.
5. Follow CCSD behavioral guidelines.
6. Attend and participate in all volleyball functions.
7. Return all equipment and leave the program in good standing at the conclusion of the season.

NIAA Clearinghouse

Be sure to register for the Clearinghouse with your counselor at the beginning of your Junior year, in order to receive scholarships and/or accept any offer to compete in sports at the collegiate level.

Rules and Guidelines Signature Page

I have read the following guidelines. If chosen to play volleyball for Foothill High School, at any level, I will adhere to the rules set forth in the "FHS Men's Volleyball Player/Parent Rules and Guidelines 2020" document. I understand that situations may arise in which the coaches may utilize their own discretion to solve problems that could be considered detrimental to the program.

Please print and bring this page to tryouts.

Parent Name (Print)

Date

Player Name (Print)

Date

Parent Name (signed)

Player Name (signed)