

Illini West Volleyball Team Rules and Expectations

Mission Statement:

Student-athletes who participate on the Illini West volleyball team will understand that their responsibility extends beyond the court, including in the classroom and in the community as well. Each individual athlete will have a role that contributes to the teams' success. Players will follow by the team rules and expectations set by the coaching staff and give their maximum effort with a positive attitude while doing so.

Rules:

1. **BE ON TIME! (To class, practice, bus departure, games, fundraising events, etc.)**
2. **Accept your role**
3. **Give 100% every practice/competition**

Expectations:

In the classroom and community-

1. Just as players are expected to give 100% during practice/games, they are expected to give 100% in the classroom. Work ethic in the classroom carries over to how hard you will work on the court!
2. Players must abide by all IWHS student handbook rules. Any violation of these rules will result in a meeting with the coaching staff and possible consequences to follow.
3. Weekly grade checks will be requested and monitored. If a player is not passing, they will NOT be eligible to play!
4. It is highly recommended that every player is signed up for weight training!!! In order to be the best that we can be, and reach our team's highest potential, weight training is strongly valued and carries over to our success on the court.

Attendance-

1. Players are required to attend EVERY practice/game unless they are excused. If you have to miss a practice/game, you must communicate with the coaching staff to have it approved first.
2. During home games, players will stay and watch all three teams compete (Freshman, JV, Varsity). During away games, it is recommended to stay for all games, but exceptions for homework/transportation can be allowed if communicated with the coaching staff BEFORE the competition. Players will sit together during all games- not with friends. We are ONE team and will support each other.
3. If a player is absent from school, they are not allowed to practice or compete in a game that evening. The only exception is if the absence is excused or due to a school event for another organization/extracurricular.
4. Any unexcused absence will result in a consequence of sitting at least one game. Consequences can always vary due to coach's discretion.

Social Media-

1. BE POSITIVE WHEN TALKING ABOUT YOUR TEAM AND SCHOOL! This is an expectation requested among all athletic teams as we are all playing for Illini West and should support each other in the process.
2. Any inappropriate language toward another person/team will not be tolerated. A physical consequence will result from cyberbullying (sprints, towel push, etc.).

Practice/Games-

1. BE EARLY! Every player should be dressed and ready before the start of practice/games.
2. Players are expected to wear appropriate clothes to practice/games. This includes tennis shoes, knee pads, and athletic clothes. If a player needs taped for an injury, they must have it done before practice/games.
3. The net should be set up before the start of a practice/game. This is to be done by everyone, not just the freshman.
4. Respect all equipment. After every practice/game, players must clean up equipment and put away in its proper place.

5. Players will dress the same on game days decided by the head coach. If players are to dress nice for a game, it must be appropriate- no jeans, low cut shirts, or sleeveless tops. Part of building team camaraderie is looking the same; "If you look good, you feel good."
6. Cell phones are not allowed at practice or games; they must be left in the locker room. For road games, all cell phones will be collected on the bus by the coaching staff and given back after the varsity game.
7. After a practice/game, all players must clean up after themselves. There is to be no trash left in the bleacher/locker room or on the bus.

Attitude/Effort-

1. The two things every person has control over is their attitude and effort. There is NO excuse for a bad attitude or lack of effort during practice, games, or team events.
2. Playing time is EARNED, not given. Ultimately the coaching staff will choose the players we believe will give the team the best chance to be competitive. Regardless of your position, accept your role!
3. Remember that a positive attitude is just as contagious as a negative attitude. Be positive, enthusiastic, and dedicated when at practice and games, or with the team.
4. Demonstrate sportsmanship at every competition with officials, fans, teams, and coaches.
5. Be accountable, not just of yourself, but of your teammates, too. Our actions reflect on the entire team and represent all of Illini West High School.

Parent Expectations-

1. Be supportive of the entire team. Use positive words when speaking to a player, parent, or community member about the team. What a player hears at home, affects their attitude and effort at practice.
2. Be supportive of the coaching staff. Regardless of the coach's decision, be positive and enthusiastic. Let the coaching staff correct player mistakes.
3. **Playing time is NOT to be discussed!** The player, and the player only, is responsible for meeting with a coach to discuss playing time. Parents can schedule to meet with

4. the coaching staff to discuss other issues at hand (transportation, equipment, schedules, etc.). If a parent meeting is scheduled, all coaches will be present, along with the player herself.
5. Parents are not to approach the coaching staff before, during, or after a game. The coaching staff is focused on team competition and should not be distracted. This includes phone calls and text messaging as well.

Disciplinary action will be taken when a team member does not meet the rules and expectations. The penalty assigned will be determined by the head coach and be handled on a case by case basis.

Contact info-

1. Head Coach Dakota Flesner
 - (217)-430-3458
 - flesner.dakota@illiniwest.org
2. Assistant Varsity/Junior Varsity Coach Danielle Gronewold
 - (217)-440-0933
 - dgronewold@cesd317.org
3. Assistant Varsity/Freshman Coach Lauren McGaughey
 - (217)-617-1042
 - Laurenmcgaughey14@gmail.com

We look forward to working with all of you this upcoming season. Thank you for your continual support! 😊

Statement of Acknowledgement and Responsibility:

As an athlete on the Illini West volleyball team, I accept and understand my responsibility to put forward my best effort as an athlete, student and citizen. I agree to the above rules and expectations and will accept any consequences that follow my actions.

Athlete Signature _____ **Date** _____

As a parent, I understand that my daughter has made a commitment to be part of the Illini West volleyball team. I agree to help her abide by the volleyball rules and expectations and the IWHS student handbook rules. I will do my best to be positive and supportive of her, her teammates and the coaches, along with displaying sportsmanlike behavior.

Parent Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Cell Phone: _____