

VILLA GROVE JR. HIGH
B L U E D E V I L



2 0 2 1 T E A M R U L E S

We're looking forward to a great season this year! The staff sincerely hopes that all of these young athletes learn new skills, play hard, enjoy themselves, and come to love this game as much as we do.

2020-21 Team Rules and Expectations

As a new or returning member of Villa Grove Jr High Volleyball, you will be expected to know and follow the team rules, and work hard to meet these expectations. Being part of any team requires sacrifices to become strong individual players and strong members of a team. Dedication and hard work are required by those involved in order to have a successful season and a strong program.

All rules are in effect from the first practice through the final game of the season.

Coaches:

Head Coach — John Woolley

JWoolley@vg302.org

Associate Coach — Amber Eaton

AEaton@vg302.org

Physical Forms:

Athletes may not practice or participate with the team until the physical form is completed by a doctor and turned in to either the coach or the high school office. Physicals are good for 395 days.

Practice and Games Requirements:

- Cell Phones, gum, barrettes, or jewelry of any kind are not allowed on the court during practices or games.
- Appropriate apparel should be worn at every practice: proper shoes, shorts, shirts, and kneepads. Forgotten clothes will be viewed as an unexcused absence.
- Breaks will only be taken as a team. This includes drink breaks.
- Practice will begin at 3:30 pm or 5:30 pm during regular school days, with some possible exceptions due to gym space. You will be given a schedule and it can also be found online at VGJHVB.com.
- Players are expected to stay and support the Villa Grove Jr High Volleyball TEAM, even if they are not playing on that specific team or in that particular game.
- Players will help set up and take down equipment before and after practices and games.
- Players will sit together during games and help clean up and take down equipment after the final match.
- We are all part of the Villa Grove Jr High Volleyball TEAM and will support each other.

Playing time:

Playing time during a match is the ultimate reward for any athlete. However, it can often be a sensitive topic when an athlete or parent doesn't understand, or agree with, the amount of playing time an athlete receives.



- An athlete can request a meeting with her coach or the coaching staff to discuss playing time.
- An athlete's playing time will NOT be discussed with her parents/guardians.
- Playing time is a complex mix of an athlete's personal strengths and limitations (physical, emotional, mental, and social), skill level, attitude, attendance, work ethic, team's positional needs, player tendencies, opponents' tendencies, strategies, long and short term goals, team cohesiveness, player roles, and finally, the need to follow the rules of the game. Ultimately, it comes down to **"what is in the best interest of the team?"**
- Coaches don't take the decision of playing time lightly. Much thought and planning goes into the decision making process.
- Volleyball is a competitive sport. As an athlete, you expect to compete against other schools but often overlook that you compete against your own teammates throughout the season to earn playing time. A player will spend much more time learning the game in practices than during games.
- If, after 24 hours, you wish to meet with a coach, contact one of us to set up a meeting.
- An athlete's playing time will NOT be discussed with her parents/guardians.

Away Games:

- After all matches are finished, there will be a bus going back to Villa Grove High School. We will have a sign out sheet for each away game. Please sign your daughter out if she is riding home with her parents/guardians. Only parents or legal guardians may sign a player out.
- Players, parents, family, and friends can see the game schedule at VGJHVB.com.
- Departure times will be given to players and will be posted on the website, VGJHVB.com.

Personal Appearance:

- Players will dress up, or dress as a team, for every game. The athlete will be dressed up all day at school and then come to the gym dressed up unless we determine as a team to wear our team shirts. **IF YOU FEEL GOOD, YOU WILL PLAY GOOD!**

24-Hour Rule:

Villa Grove volleyball has a rule in place to avoid conflicts between parents/guardians and coaches.

- You may only meet or discuss greivences with coaches 24 hrs prior to or 24 hours after a game.
- Coaches have many duties to perform before and after a game. Approaching a coach to discuss a sensitive topic before or immediately after a game is inappropriate.

School Attendance:

- To practice or play in a game, the student must be in attendance the ENTIRE day. Missing any part of the school day, whether unexcused or due to illness, precludes the student from practicing or playing that day. If they go to see a doctor for a medical appointment, they must have a note from the doctor to excuse them and allow them to practice or play that day.



Excused Absence:

- Excused absences include only those, which are absolutely necessary and are cleared by a coach BEFORE the game or practice is missed. If an athlete is sick the day of a practice or game, a coach needs to be contacted. Email is the best way to contact the coaches. If a practice before a game is missed, playing time will be decided by the coaches based upon what was missed during practice.
- Do not always assume that your excuse is acceptable. Always check in advance.
- School sponsored activities are excused, but do hold the same consequences if it is the practice before a game.
- Starting the first day of practice, all scheduled appointments (doctor, dentist, hair, etc.) need to be taken care of outside of volleyball practice times. Necessary medical appointments are an exception.

Unexcused Absence:

- If the coaches do not know the player will be absent prior to the practice or game, and are not told specifically by the athlete or parent themselves, it is unexcused. Unnecessary reasons for absence will also be viewed as unexcused—including forgotten clothes, excessive excused absences, tardiness, or leaving early from practices and games.
 - **1st instance:** The player will be assigned make up conditioning, as seen fit by the coaches.
 - **2nd instance:** The player will sit out the next match.

- **3rd instance:** The player will sit out matches for one week following the absence.
- **4th instance:** The player faces possible removal from the team at the coaches' discretion.
- Athletes who have to sit out matches are still expected to dress in uniform and sit with the team at the game, both on the bench and in support of other teams.

Injured Players:

- Seriously injured or sick players need to report to practice to get treatment and watch practice as much as possible. If they do not attend practice and are capable, it will be considered UNEXCUSED.

Equipment:

- Athletes are responsible for each piece of equipment checked out to them. Missing or damaged equipment (due to neglect by that of an athlete) will result in a charge for that item. Uniforms are expected to be turned in by the deadline set by the coach at the end of the season.
- An athlete must provide their own black (all black except for logo), 4" inseam spandex, shoes, knee pads and socks. Optional equipment include ankle braces and passing sleeves.

Locker Room:

- It's the team's responsibilities to keep a clean locker room at all times (both at home and away). Extra conditioning for the entire team will result if this is not done.



Traveling:

- Make sure you have all of the necessary parts of your uniform before we leave.
- All athletes should arrive 10-15 minutes before the bus leaves. We will leave exactly on time and will NOT wait!
- All athletes are expected to act appropriately on the bus and at other schools. Remember that we are representing VGJH! Athletes who cannot act appropriately will NOT go to away games or events!

Personal Conduct:

- Athletes WILL NOT use alcohol, tobacco, or illegal drugs.
- Avoid situations that put you and your eligibility at risk.
- NO unsportsmanlike conduct by parents or athletes toward VGJH players, opposing teams, coaches, or officials will be tolerated at any time. Action of this kind will be dealt with by coaches and administration.
- Athletes are expected to give 100% effort at all times during games and practices.

Classroom Behavior:

- Your behavior in the classroom should be exemplary and that of a model student. You are a student first and an athlete second.
- Keep athletics in perspective. Remember, you are in school to get an education. Please, take full advantage of this opportunity.
- Notify your teachers in advance when you will be leaving class early or will miss class due to volleyball matches.
- Prepare for classes and make up any work in advanced that you are going to miss
- The eligibility list comes out weekly.
- If a player is ineligible 3 weeks over the course of the season (not necessarily in a row), the student will be dismissed from the team.

We are very excited to begin the season. Parent support is so important and we look forward to seeing you at matches!

Sincerely,

Coach Woolley

Coach Eaton



Fold and tear on dotted lines.

I have read the VGJH Team Rules and agree to abide by them during the 2020-21 season.

Signed _____
Student Athlete

Signed _____
Parent



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