

Las Plumas Volleyball Player/Parent Contract

Allie Bruce - Varsity Head Coach

Jacob Hancock - Junior Varsity Head Coach

Kailey Newkirk - Frosh Head Coach

Welcome: Congratulations and welcome to the Lady Thunderbird Volleyball team. You have been chosen to represent Las Plumas High School on and off the court. We are excited about each player that has been selected to contribute to our teams. You were chosen out of many who tried out, it is a big accomplishment, but now the real work begins. Honoring your commitment and coming to practice with the tryout mentality each and every day.

It is the goal of the LPHS Volleyball program and its coaching staff to first and foremost instill, teach, and model attributes that will help you as a student-athlete become a productive, well rounded, and successful member of society. It is our goal to develop young women capable of adapting to and overcoming adversity both on and off the court.

To accomplish this goal, the following attributes will be taught and reinforced every day:

- **Self Esteem** - Feel good about yourself and your contribution to the team
- **Confidence** - To be able to take that self esteem and to contribute with pride and without fear
- **Character** - The will to win. Giving effort, selflessly put the team first, filling your role with pride.
- **Commitment** - Taking the above attributes and committing to something larger than oneself i.e. the TEAM

Winning comes as a product of instilling these attributes in each of our players. Committed and confident athletes that work to improve their skills, improve their teammates and work together will breed winners. When you focus on the little things, big things like WINNING take care of themselves. Finally, it is our philosophy that every student athlete is capable of learning these attributes, and that it is our responsibility to teach them. It is also our philosophy that to accomplish this athletes need to follow the following rules to maintain and build a championship team.

1. **Be a Great Teammate:** We will talk about and instruct this everyday. **Great Teammates are...**
 - Willing to fill any role to help the team
 - Leads by example
 - Display positive attitude
 - Accept responsibility, does not blame others
 - Engaged and positive when on bench
 - Always gives maximum effort
 - Has a positive and energetic attitude
 - Allow themselves to be coached
 - Encourages their teammates
 - Engages with teammates positively
2. **Attend Practice Daily:** During the season we practice 3:45-5:45 pm Monday thru Friday unless there are matches. Come to practice prepared with: t-shirt, shorts/spandex, knee pads, and volleyball shoes. A snack and water are also needed.
Practices are Closed To the Public - This includes parents, friends, etc. Players are required to set up and take down nets and sweep the floor. Bring your effort and attitude as your role on the team can change daily due to performance, attitude and effort.
3. **Practice Attendance:** Each player **MUST ATTEND** all practices, matches, fundraising events, etc. Players should have all of their equipment, be prepared and on time. This includes fulfilling game day assignments (Lines, Scoring Table jobs, Snack Bar)
 - Tardiness or arriving unprepared could result in extra conditioning or loss of playing time at coaches discretion
 - Consequences for absences whether excused or unexcused will be at coaches discretion. Repeated unexcused absences will result in dismissal from the team

3. Practice Attendance - cont

- If you need to miss a practice, communicate with your coach as soon as possible, especially in an emergency.
- If your coach is not contacted prior to missed practice or match the absence will be considered unexcused
- You are required to attend school to practice or play in a match, make sure you communicate with coach and LPHS attendance officials so that missing school for an appointment, treatment or other excused absences won't affect eligibility.

4. Off-Court Conduct - You represent the school and the program and appropriate conduct is expected of student-athletes. Any conduct that violates the athletic code at LPHS (tardies, cuts, fights, suspension, drugs/alcohol/vaping, negative behavior on or off campus)

- Consequences are outlined in the LPHS Athletic Code and also by your athletes coach.
- Consequences range from game suspension to removal from the team with or without action from the school or local law enforcement/authorities

5. Playing Time: Playing Time Is Not Guaranteed - Playing Time Is Not Mandatory

- Playing time will be determined by your athletes coach based on performance in practice, commitment, skills and abilities, ability to fill roles, attitude, work ethic, game performance (hustle, skill, attitude),
- Athletes can ask their coaches to clarify their role, what they could do to improve their status in the lineup, or what changes could be made to play more. Appropriate time could be before or after practice, during breaks, designated meetings. **The appropriate time is NOT after or during a game. We want your athlete to be successful and to help the team succeed. This generally means that playing time is not equal and is given to those that can be trusted to fill their role and give the team their best.**

6. Team Functions - Players are required to attend and participate in all team functions including practices, matches, tournaments, fundraisers, team building activities, and matches including those before or after your own match. Failure to do so could result in lost playing time or dismissal from the team

- **Freshman: Setup For Frosh Match, and work the JV Match**
- **Frosh/Soph: Work the Varsity Match**
- **Varsity: Work the Frosh Match, take down nets/clean up after Varsity match**

7. Transportation: Parents are responsible for getting players to and from practice at Las Plumas HS. Athletes should be picked up no later than 15 minutes after dismissal from practice. Assistance will be needed to have parents drive some athletes to tournaments and scrimmages.

8. Uniforms- Players are required to keep their issued uniforms neat and clean for matches and bring all necessary equipment. Not bringing necessary equipment results in not being prepared, not ready to play. It is the athletes responsibility to come prepared.

- Team provides Jersey to player (Must be returned clean at the end of the season)
- Player needs to provide: sport socks, spandex shorts, athletic shoes, water and any needed snacks **BRING DAILY.**

9. Game Time - Engaged and focused on the game. With the team warming up and during the contest. Players should have everything they need on or behind the bench and should not need to go to anyone in the stands for drink, visit, etc. until after the post game meeting with their coach. **Please encourage your student during games, but please refrain from coaching them from the stands. Having split focus or concentration is counterproductive not only individually for young athletes, but also for team unity and focus.**

I have read and agree to the policies and rules as outlined in the Las Plumas High Volleyball Player/Parent Contract.

Student Print Name _____

Signature _____ Date _____

Parent Print Name _____

Signature _____ Date _____

Varsity Head Coach - **Allie Bruce** (530) 216-9867
Junior Varsity Coach- **Jacob Hancock** (530) 521-2389
Freshman Coach - **Kailey Newkirk** (530) 370-9727