



FREEDOM FALCONS VOLLEYBALL



PLAYER COMMITMENT AND AGREEMENT

GIRLS/BOYS VOLLEYBALL

SEASON: _____

Hello Freedom Girls/BOYS Volleyball, Congratulations on making the Freedom Falcons Volleyball Team. As a member of the team, it is expected that you will exemplify the best qualities of a student athlete. It is your responsibility to be an outstanding citizen on and off the court and follow all the rules in the FHS student handbook. Here are a few important items that require acceptance of the team.

You must be able to manage your time, grades, and behavior while also dedicating yourself to physical conditioning and improving your skills as a player to best help the team. We will be following the Freedom School District athletic eligibility requirements throughout the season.

ELIGIBILITY

- Team members must support all levels throughout the season.
- Team members must be medically and athletically fit.
- Team members will be selected on ability, acceptance of team rules, agreement between coaches and advisors, and without prejudice as to race, creed, or color.

ATTENDANCE

- As member of the team, you must be willing to commit to practice 5 days a week, compete in pre-season matches, and league matches. Attendance at practice is mandatory. If a situation occurs where you must miss practice, you must notify your coach and provide a reason of your absence. Attendance at practice is crucial for you to improve your individual skills, learn how to play with your fellow teammates, and increase your understanding of the team's system. It is during practice where you will work on new aspects of your game, ask questions, and make mistakes. This is also where you will have opportunity to demonstrate your level of preparedness for matches. Playing time during a match needs to be balanced with your coach's ability to put the most competitive team on the court at all times. Throughout the season, you will be given an opportunity to play but play time may not be equal.
- If a team member is absent from practice (regardless of reason), she will not start if she is in the starting line up or may not play the match. If team member is on the second string she may not play in the match. It will be up to the coaches discretion.

- Home Games – members of the team are required to stay or come in early for the entire match of the upper or level team he/she is working and/or supporting.
- Away Games – members of the team are required to stay for the first set of the next level match. Varsity will come in early to support the lower levels.
- Team member who is excessively tardy to practices, games, and tournament, play time will be affected. A sixth tardy will warrant meeting to discuss suspension and/or dismissal from team.
- If a team member is sick from school all of the day, she/he may attend practice/game that day but may not participate.

INJURY

- If a team member is injured, during practice or in a game and cannot participate in even one aspect of practice, or game, he or she must sit out from ALL activities until coaches/advisor has WRITTEN clearance from the doctor or school trainer. Our goal is to make sure you take care of your injuries and ailments, and that you see medical professionals who will then tell you—and your coaches—what you are capable of doing and what should be done toward a full recovery. All injuries are taken serious as it is the coaches responsibility to keep you safe.

UNIFORM, PRACTICE WEAR AND APPEARANCE

- Uniforms, warm-ups and team bag/backpack may be borrowed. They may be purchased if you wish to own your own with personalized name. See uniform contracts for details.
- On game/rally days, team members will wear an official team t-shirt/sweatshirt to school to promote the day's event if parent donations/ fundraising permits purchase of these items.
- When wearing any FHS uniform, team members must always conduct themselves in a manner becoming to their school, following all FHS rules and guidelines.
- Uniforms and team wear should not be loaned to non-team members.
- To ensure safe stunting and tumbling, jewelry or watches will not be worn at practices, games, or tournaments.
- Team members will not wear acrylic, porcelain or other false nails. Natural nails must be trimmed to fingertips to ensure safety of the team. This rule will be STRICTLY enforced! If you “need” gel or acrylic nails then don't try out for volleyball.
- Team attire and athletic shoes must be worn to practice.
- Team members can not play with the ball wearing socks only, crocks, sliders, flip-flops, or any non-athletic shoe.
- Undergarments must not be visible. Bra straps may NOT show. Team members must wear t-shirts at all times. No tank tops, cut off shirts, and or spaghetti strap shirts. If they do then team member will not be permitted to play and sit on the stand with the spectators
- Team members will not change their warm up shirts in the gym and be visible to all spectators. All team members will be required to change in the restroom, locker room, or in an area not visible to spectators.
- Uniforms must be kept clean for each wearing.
- Make-up should be natural and not excessive.
- Hair must be neat, with hair secured up and off the face for practices and games.
- Members provide their own shoes and undergarment.

CONDUCT

- Team members must maintain the reputation of Freedom High School through their own conduct and team spirit.

- Members must be courteous, friendly, and uphold the sportsmanship rules of the Bay Valley Athletic League and the CIF North Coast Section.
- Team members respect the referees, coaches, teammates, and staff during games. Receiving any color card will lead to disciplinary action and removal of match.
- Chants must carry a positive message.
- Members should ignore or dissuade negative responses at events and not be drawn into such responses.
- Members must follow all school rules in FHS student handbook.
- Members will not use electronic social media (cell phones, TikTok, Instagram, Facebook, Twitter, etc.) to perpetuate negative or inappropriate words, messages or photographs.
- Members will not participate in person-to-person bullying or cyber-bullying of any individual or group.
- Cell phones will not be used at practice or games and must be on “silent” mode
- Team members must be coachable—listen, follow directions with willing attitude. Good behavior is vital to the success of the team. Team members must be focused, respectful, disciplined, hard-working and attentive to coaches.
- No phone use during practice.
- Team members must sit together as a team while supporting other levels.

DISCIPLINARY ACTION

- Failure to follow rules will lead to game suspensions or expulsion from the game and/or team. Team member may be immediately dismissed from team for the following: conduct likely to bring the team’s reputation into disrepute (such as use of alcohol or drugs), fighting, breaking laws, vandalism of property or visiting venues, breaking rules or curfews on overnight trips.
- If team member’s GPA falls below 2.0 at any grading period, he/she will be removed from the spirit program.
Note: student is eligible for academic probation status if they have a 1.75 GPA. See coach for grade contract if this should apply.

PARENT INVOLVEMENT

- Parents are responsible for transporting their team player to games and tournaments. Car-pools may be arranged if necessary. FHS requires proof of insurance for drivers transporting students.
- Parents are encouraged to help with fundraising to contribute to the financial support of the volleyball program.
- As a Freedom High School volleyball parent, it’s your responsibility to uphold the highest respect for the school, team, coaches and athletic director. Any concerns you may have please speak to the coach, then Varsity Coach. If concern is not resolved a meeting will be arranged with athlete, parent, coach and athletic director.
- Parents set an example for their children.
- Coaches will coach and parents will cheer for the team.

FUNDRAISING

- Team members will fundraise for program expenses. Parents are welcome to contribute to the program as well.
- All fundraising activities must be approved by the coaches/advisor.

TEAM FINANCES

- Money and field trips, camps, equipment and gear etc. come from parent’s voluntary contributions and parent and team fundraising efforts.

Player Commitment Agreement!

- I understand and accept the position I was offered on the volleyball team. My position may change throughout the season for the best interest of the team, performance during practice/games, and where needed. Initials: _____
- I understand and accept that there may be games where I don't play or get equal playing time if that's what the coach thinks is best for me or best for the team. Initials: _____
- I understand and agree that attendance at practice, preparedness, hustle, and attitude may affect my playing time. Initials: _____
- I understand and agree that it is my responsibility to talk to the coach and not the other players/parents if I disagree with decisions the coach makes. Initials: _____
- As a member of the team, I understand I will be expected to participate in team-building activities that support the volleyball program. (i.e. making and hanging signs at school) Initials: _____

Both my parents/guardians and I have read the coaches' letter and the player commitments above and agree to the conditions for being a member of the Freedom Falcon Volleyball team.

Player Name: _____

Student ID: _____

Grade: _____

Student-Athletes Name: _____

Student-Athlete Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Please only sign and return this last page to Coach Liz