



Abilene Longhorn Volleyball Expectations

1. Be Respectful

1. Always listen to your coaches, and be respectful to your teammates and coaches.
2. Cell phones will not be allowed in practice. Cell phones and iPads must be turned off on bus rides to games and during games.

2. Be Responsible

1. Have fun and be positive.
2. Show up to practice on time. Be ready 15 minutes prior to the start of your practice. If you are late, or need to miss practice, please communicate with your coaches. If you are tardy, you will have conditioning consequences. If you have two unexcused absences, you will miss the next game.
3. You are a STUDENT-athlete. Therefore, your academics will come first. If you are failing a class, you will not be able to participate in practice or games until you get your grade up.
4. iPads: iPads must be put away during practice and games. (If you do not have PE locker, you may want to get one from Mrs. Wyatt so you have a safe place to store it during practice.) You may bring iPads on the bus, however, the school will not be responsible for it if it gets broken or stolen. You may use your iPad on the bus for homework only. Please remember when posting on social media that you are at a school function and school expectations apply. Also remember no pictures in the locker room and to respect privacy of others.
5. You must ride the bus to all away games and stay for ALL MATCHES, whether you are playing or not. Should you choose to ride home with YOUR parent, you need to have your parent sign out with a coach first. Any special scenarios must be approved by the office prior to leaving for a match.

3. Be Your Best Self

1. Always leave the locker room and team bench clean. Items left behind will equal one sprint.
2. If you plan on staying in the building after school to wait for your practice, you must either wait in the locker room or on the stairs. You will not be allowed to walk the hallways or sit in the commons area. There will be consequences if the coaches receive an email about girls being too noisy in the Commons.
3. We ask that parents pick up players on time. We will do our best to make sure the girls are done with practice at the scheduled time. We just ask that parents do the same and respect our time.
4. Come to practice with a good attitude and be ready to get better everyday!!!!
5. Be positive: Both on and off the court!

Remember to communicate and play as a TEAM. Volleyball is a team sport. If you make a decision that compromises your team's performance, there will be consequences at the coach's discretion.

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