

# Medford Volleyball Rules

1. You must follow the athletic code (NO EXCEPTIONS)
2. Being disrespectful to your coaches or teammates will give you a suspension and possible expulsion from the team, due to the severity of the infraction
3. **\*\*NEW RULE\*\*** With the athlete and parent signature below, you agree to a 24 hour rest period involving any incident regarding playing time or other conflicts that may occur during the seasons (Please do not confront coaching staff after or during a game. All conflicts will be in the following order 1. Coach meets with player to resolve 2. Set up a meeting between parent, athlete, and coach and 3. After that we will include the athletic director)
4. Practice starts 12 minutes after the bell. If you are late, the whole team runs
5. If you are in school, you are in practice. See your coach if you have to leave
6. Any appointments need to have a one-day advance notice to your coach unless it is an emergency (Verification in writing needed upon return)
7. Unexcused absences are considered a missed practice. The severity of the infraction could result in expulsion from the team. Coach Vaara makes the final decision

## EXAMPLES of UNEXCUSED ABSENCES

- Hair Appointments
- Jobs
- Being with significant other (includes out of town trips)
- Doing your nails, ect.

8. Players will be asked to help run the booster concessions during weekend tournaments
9. Cell phone use (including text messaging) is prohibited during practice, in locker rooms during game nights, and travel to and from away games (the last 20 minutes of the bus rides, students can call parents for rides) Talk to coaches prior to use in emergency situations.
10. Treat other as you wish to be treated
11. Be a team player with a positive attitude
12. No BURPING allowed
13. All players are guaranteed to play ONE game this season
14. Never ask, "When do I get to play?" there is no I in team
15. All volleyball members need to support each other at game times. Varsity players need to be in the stands by 5:30pm to support freshman and JV players. If you need to leave the Varsity game, you must have your parents talk to your coach to excuse you. All team members must sit together.
16. After away games players must hand a note to their coach to ride home with their parents
17. If you are unsure of an absence due to a reason not being listed, see your coach prior to your absence. Failure to do this would result in a lack of your responsibility and then the absence could be considered unexcused
18. No tell your parents to fill up your water bottle or Gatorade during the game. It is the players responsibility to get their own fluids ahead of time.

## Coaches:

Dave Vaara- Varsity Coach (715-785-7726 or 715-965-6181)

Megan Courtney Varsity Asst

Ashley Jochimsen-McCarron- Co-Coach JV-1

Amanda Lange Co-Coach JV-1

Abby Gregory- JV-2

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PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PLAYER SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_