

# **BEAST Athletics Volleyball (BAV)**

## **2024-2025 Team/Athlete Standards & Expectations**

- ▶ Athletes must show up on time to practices with all equipment/gear on at the beginning of practice, **READY TO GO!** (Example: If practice starts at 7pm, all athletes are all on the court, dressed and ready to practice at 7pm)
- ▶ **REMEMBER - COMMUNICATION IS KEY** - If an athlete is running late to practice or will not be attending a practice and/or a game, the parent of the athlete or the athlete will need to text the Coaches (or designated Coach) and let them know as soon as possible.
- ▶ If an athlete misses practice and/or a game and there has been no communication, this will be regarded as an “unexcused” miss and there will be an OTI (Opportunity for Improvement).
- ▶ If an athlete is injured, they are still required to attend practice and games, unless there is a doctor’s appointment or PT/rehab.
- ▶ **Practice Gear & Expectations:**
  - **NO** jewelry is allowed at practice.
  - **NO** cell phones are to be out at practice. If the athlete is caught breaking this rule, this will result in an OTI (Opportunity for Improvement).
  - Athletes **MUST** wear a BAV Club shirt to practice, if a non-BAV t-shirt is worn, an OTI (Opportunity for Improvement) will be completed after practice.
  - Athletes **MUST** have knee-pads AND court shoes on for every practice. Forgetting gear will result in an OTI (Opportunity for Improvement) after practice.
  - If an athlete is 1-15 minutes late to practice, the athlete will owe an OTI (according to the time tracked on the Coach(es) phone(s)).
  - If an athlete misses a weekday practice during the week prior to a tournament, the athlete will sit the entire first set of the first game of the tournament, at a minimum. This is excluding religious events or school events.
- ▶ **Tournament Gear & Expectations:**
  - **NO** jewelry is allowed at any tournament.
  - Athletes will be required to bring **ALL** jerseys to each tournament, regardless of the position that they are playing. Coaches will designate main jerseys to be worn prior to tournaments.
  - Athletes **MUST** arrive at the tournament site 45 minutes prior to the start of the pool wave.
  - **NO** junk food or candy is to be eaten by the athlete at tournaments.
  - Between games, athletes **MUST** wear cover shorts and **MUST** sit as a team.

- At any BAV event (i.e. tournaments and practice) all athlete bags must be stowed in an organized, clean manner, together behind the bench or in a designated area.
  - Athletes are **ONLY** permitted to leave court area during a tournament with a TEAMMATE, this includes bathroom breaks, trips to concessions, etc.
  - **NO** athlete is permitted to leave the tournament site until a Coach is notified, and is **ONLY** permitted to leave with a parent.
  - If our team is reffing the last match, **ALL** athletes will stay until the end of the match or unless dismissed by a coach.
- There is a **24-HOUR RULE** in place when it comes to communicating about a situation/issue that occurred during a practice and/or a tournament. If there is an issue, there is an order of communication that **MUST** be followed:
- 1) After the initial 24-hours have passed, the athlete will have a meeting with both the Head Coach and Assistant Coach to discuss the issue(s)/situation at hand. This can be before or after practice.
  - 2) If Step 1 doesn't resolve the problem, the Head Coach will set up a meeting with the parent(s), Assistant Coach, and the athlete. This will be scheduled in advance and can be taken care of before or after practice, time permitting.
  - 3) If Step 1 and Step 2 don't resolve the problem, the Head Coach will set up a meeting with the parent(s), Assistant Coach, the athlete, and Kelle (the Club Director).
- Parents need to be positive and encouraging from the bleachers, **NOT** giving corrections or negative feedback to the athletes, refs, other teams, or coaches. If this rule isn't followed, we will give one warning before the athlete loses playing time and practice then becomes closed to parents.
- Athletes do not have to be the best of friends, but they WILL be good teammates on and off the court. They will be respectful to their teammates and coaches, other teams and parents, and their club.

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_