



Abilene Longhorn Volleyball Expectations

1. Be Respectful

- * Always listen to your coaches, and be respectful to your teammates and coaches
- * Locker Room Etiquette: Stay out of lockers and bags that are not yours
Keep your valuables locked away and your bag zipped up
NO pictures in the locker room, respect other's privacy
Clean the locker room before leaving

2. Be Responsible

- * Have fun and be positive.
- * 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 stay late to make up the time.
- * If you have two unexcused absences, you will miss the next game.
- * Make sure you show up to school **ON TIME** the day after a competition. Every tardy after a game day will result in sitting out a set (game).
- * If you are going to miss a practice, you **MUST** have a parent communicate with a coach prior to your absence. Each incident, which is not communicated, will count as a skip. You will miss half of a set (game) each time you skip, up to three skips. After the third skip, you will be removed from the team.
- * In-School suspension will make you ineligible to practice/compete during ISS dates. Out of school suspension will make you ineligible during OSS and you will be ineligible for one game day immediately following your OSS.
- * AMS Athletic Handbook states that having 3 F's will make you ineligible for the season. The following describes the eligibility protocol if you have 2 F's:
 1. Step 1: If a student has any combination of 2 F's, they will be put on probation for that week and are still eligible to participate with the focus on improving their grades.
 2. Step 2: If a student continues to have any combination of 2 F's after the weekly probation and when the weekly eligibility report is run, they will then be ineligible for any games/contests for that week.
 3. Step 3: If a student continues to have any combination of 2 F's after the probation and week of sitting out games/contests, then they will need to turn in equipment and be dismissed from the team to focus on academics.
- * iPads: iPads AND cell phones must be put away during practice and games. (If you do not have PE locker, you may want to get one from your PE teacher 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.

* 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 **AFTER** all teams have finished playing. Any special scenarios must be approved by the office prior to leaving for a match.

3. Be Your Best Self

* Always leave the locker room and team bench clean.

* 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.

* 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.

* Come to practice with a good attitude and be ready to get better everyday!!!!

* Be Positive both on and off the court.

Communication: 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.

* Follow AMS Athletics on Twitter: @sports_ams and on Facebook

* Schedules and more information can also be viewed on the school website:

abileneschools.org :Click on Athletics at the top

* Coaches will send emails with details of each game day so it is important that we have a parents email for this. You may communicate with coaches through email or by phone.

8th Grade: Dorian Bryson: 785-263-6307: dbryson@abileneschools.org

Kirsti Gomez: 785-458-2696: kgomez@abileneschools.org

7th Grade: Michelle Peterson: mpeterson@abileneschools.org

Kiley Crider: kcrider@abileneschools.org

We are looking forward to the 2019 Volleyball Season!