

ANOKA GIRLS VOLLEYBALL

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Communication about a late arrival, early dismissal, missed practice/games must be communicated with your coach *and* a Varsity coach beforehand.

HAVE YOU CHECKED OUT EACH OF THESE LINKS?

☐ **SPORTSYOU - TEAM COMMUNICATION APP *NOTIFICATIONS ON!**

Access Code: 8EPA-AALL *Parents & Players should be in.

☐ **TEAM WEBSITE / GOOGLE CALENDAR:**

<https://sites.google.com/ahschools.us/anokagirlsvolleyball/home>

☐ Follow our Instagram / Facebook for other updates & game day posts / highlights!

POLICIES, REQUIREMENTS, AND EXPECTATIONS

ATTENDANCE

- The practice schedule is located on the calendar in SportsYou. Be sure to regularly check because practice time/location and lifts are subject to change.
- You must be in proper attire, ready to start training 5 minutes prior to your designated practice time, including the set up of nets.
- Late arrivals/early departures and missed practices are disruptive and unfair to your teammates. These are defined as arriving at the meeting area after the designated time and/or in inappropriate attire for the training session or leaving practice before the training session is completed. All late arrivals and early departures also require a notice to your coach.
- Missed practice(s) - If circumstances prevent attendance, YOU are responsible for notifying the coach beforehand. Do NOT send messages through teammates. The athlete must supply the Coach with an email from a parent, guardian, or doctor explaining the reason for missing practice.

GAMES / TOURNAMENTS

- **Everyone rides the bus to and from away games and tournaments** unless an email from a parent/guardian is received the DAY before AND the coach approves the release.
- Any athlete who fails to attend school on a game day will not compete in the game. If you are not in school the day of a game, inform the coach via call, text, or email IMMEDIATELY.
- If two or more practices are missed within 7 days prior to the game, the athlete will not participate in the next match. If a practice is missed the day before a match, the athlete may not participate in the next day's game, unless there is a prior discussion with the Coach as to why the practices are being missed.
- School attendance is a prerequisite to practice and competition. If the athlete is not in school for 1/2 day of practice or a full day on a game day, the athlete cannot participate.
- The athlete is responsible for all their own belongings both at Anoka and away matches. (Please write name in permanent marker on all items). Be sure to lock your locker and valuables. Bring practice attire and jerseys home often to wash.
- **PLAYING TIME: Playing time may not be equal for any one.** Coaches will do what is best for each team, with higher levels playing to win. We ask that if there is an issue, players must talk to the coach first the following day at practice, never after a game or tournament.

TEAM UNITY / PRACTICE POLICIES

- B Squad / JV / Varsity are expected to support your teammates when the other team is playing. Cell phones are not to be used at any time on the benches or during practice. 9th graders are asked to stay for home matches.
- Parents – please help remind your athletes of cheering on the other teams and sending them back home on the bus with the team.
- Discuss any team problems directly with the coaches or the captains. After practice is the most appropriate time for this.
- Cell phones are NOT allowed in the locker rooms.
- Everyone sets up and takes down for the home games and tournaments.
- Always practice and promote good sportsmanship. This includes teammates, coaches, competitors, and other coaches, officials, and parents.
- Follow all rules regarding locker room care and behavior. Horseplay in the locker rooms will not be tolerated.

BEHAVIOR & SOCIAL MEDIA

- Inappropriate behavior as witnessed by teachers, coaches, parents, administrators, or fellow students may have a consequence as determined by coaches and/or athletic director. You represent Anoka, make Anoka proud!
- Coaches may also limit participation in games if athletes are not meeting team standards.
- Social media is a public way of communicating. Anything that puts the Anoka school, community, team, coaches in any negative light may have a consequence as determined by coaches and athletic directors.
- Players and parents are expected to show respect for officials at all times, understanding that referees play a vital role in maintaining fairness, integrity, and the flow of the game. We all want to respect & represent well!

CHEMICAL POLICY

- All athletes are required to adhere to the Anoka and MSHSL policy.

EMERGENCY CARDS

- Athletes are required to have a completed emergency contact card on file with the coach.

EQUIPMENT

- Personal gear (*must wear white socks & white knee pads*, shoes, elbow pads, practice attire, towel, etc.) is the responsibility of the individual athlete. Locks are also strongly suggested for use in the locker room. Jerseys (home & away), shorts to be used for all games, are provided. Please be respectful of all team equipment that you use.
- All balls/nets/carts etc. must be treated with respect and care. No one leaves practice until it has all been put away properly.

LETTERING REQUIREMENTS

To qualify for a letter in girls volleyball, an athlete:

- Must be a member of the Varsity team
- Must consistently put forth a strong effort and positive attitude at practice
- Must treat all team members, team coaches, other teams, other coaches and officials with respect.
- Must complete the entirety of their season.
- Must abide by all state, school and team policies.
- Final decisions about lettering will be made by the coaching staff.