

Cypress Ridge Volleyball Program

Player Expectations

Character

As a member of the Cypress Ridge Volleyball Program, you represent your family, your teammates, your school, and yourself.

Players are expected to demonstrate integrity, respect, accountability, and sportsmanship at all times.

- **Zero tolerance** for drugs, alcohol, vaping, bullying, or hazing.
- Treat teammates, coaches, teachers, officials, opponents, and community members with respect.
- Your actions on and off campus reflect on our program.

Academics

You are a **student-athlete**, and academics always come first.

Our expectation is that every player strives to earn **A's and B's** in every class.

Academic Expectations

- Coaches will check grades and tardies each week.
- Consequences will be assigned for:
 - Every zero in the gradebook.
 - Every unexcused tardy.
- Players earning below a **C** will be required to attend tutorials.
- All players must remain academically eligible under **UIL "No Pass, No Play"** guidelines.

Practice Expectations

Freshmen (Morning Practice)

Morning practice begins promptly at **6:00 a.m.**

Players should:

- Arrive no later than **5:45 a.m.**
- Have nets set up before 6:00 a.m.
- Be ready to begin dynamic warm-up at 6:00 a.m.

Upperclassmen (after school)

Players have approximately **16 minutes** after the 6th period dismissal bell to:

- Change clothes
- Use the restroom
- Set up the nets

Dynamics will begin **10 minutes after the tardy bell**. Be ready to start on time.

Wednesdays

Wednesday is our designated **program-building day** for all levels.

Activities may include:

- Journals
- Big/Little gift exchanges
- Ram Rumble competitions
- Team-building activities

Practice will conclude **no later than 4:00 p.m.**

Players who received zeros or tardies during the previous week will remain after practice to complete assigned consequences.

A late bus will be available.

Game Day Expectations

Home Games

Game Day Setup

The teams playing the **first match in each gym** are responsible for game day setup. Setup must be completed by **3:00 p.m.**

After setup, players may:

- Attend tutorials
- Complete homework
- Attend approved school meetings or clubs

Warm-Up Times

- **First Match Teams:** Return volleyball-ready, on the line by **3:45 p.m**

- **Second Match Teams:** Be on the court with **court shoes on** and ready to shag by **4:10 p.m.**

During Matches

When your team is not playing:

- Sit with your team.
- Friends and family may **not** sit in the team section.
- Freshmen teams support Freshmen matches.
- JV and Varsity support one another.
- Cheer, encourage teammates, and stay engaged.

End of the Night

The team playing the **second match** is responsible for gym breakdown. Players may not leave until the coaching staff has given the all-clear.

Away Games

- Players **must ride the team bus** to all away contests.
- Sub-Varsity teams are expected to stay through the completion of the Varsity match.
- If a player will not be riding the bus back to campus, a parent or guardian must sign the player out with the coaching staff.

Please Note:

A friend or another parent may not sign a player out unless written permission has been provided to the coaching staff at least **24 hours prior** to the game.

Phone Policy

- **Home Games:** Phones will be collected prior to warm-ups.
 - **Away Games:** Phones will be collected before you get off the bus
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Warm-Up Release

Freshmen B and Varsity players may begin warming up when the **second set** of the preceding match reaches **15 points**.

Shagging Expectations

- Be in **court shoes**.
- Be attentive and ready before being called.
- Stay in your assigned working line.
- No concession stand visits until you have been released by the officials.

Locker Room Expectations

- All belongings must be secured inside your locker.
- Do not leave personal items on benches or the floor.
- Any items left unsecured and found by the coaching staff will be placed in the volleyball lost and found.
- Players will complete **20 burpees** before retrieving their item.

No friends are permitted in the locker room.

General Expectations

Poor behavior, whether in or out of the classroom, will not be tolerated.

Players are expected to:

- Show integrity at all times.
- Advocate for themselves appropriately.
- Communicate proactively with coaches.
- Arrive early to every commitment.

Remember:

"To be on time is to be early. To be late is to be on time."

Someone is always watching. Represent yourself and our program with pride.

Player Contracts

Players who consistently fail to meet program expectations may be placed on a **Player Contract**.

Failure to comply with the terms of the contract may result in dismissal from the Cypress Ridge Volleyball Program.

This policy applies **both in season and out of season**.