

Dodgeland Middle School Volleyball Expectations 2024

Practice:

1. Please contact Miss Lexi huelsmana@dodgeland.k12.wi.us (Rm 133 in Elementary) or Coach Firari firari@dodgeland.k12.wi.us if you are going to be late or miss practice. This should be done by the individual missing practice.
2. Dressed and ready on the court by **3:25**.
3. **Nets:** Need to be put up and taken down each practice during the school year. (Once you are dressed, be on the court to help set them up.
4. Practice attire: t-shirt, shorts/spandex, court shoes (not shoes that you have worn all day long, Phy. Ed shoes are ok), knee pads. Please let us know if you need help getting knee pads.
5. **No jewelry-** earrings, watches, necklaces, bracelets (wrist or ankle) or other piercings are allowed. You may **NOT** just cover them with tape. Bring a baggie to keep these in so you don't lose them.
6. You need to be at practice **even** if you have an injury.

Away Games:

1. It is advised to bring a light healthy snack to eat on the bus. Cell phones may be used on the bus.
2. **Uniform** B Team will need to dress prior to getting on the bus (except your court shoes). A Team will dress in the locker rooms at our destination.
3. **No cell phones** once we are in the school and during both games (A team and B team).
4. **A Team** will assist with warm-ups for the **B Team**. Once the game begins, **A Team** will sit together as a team to watch the games or work on homework (**no cell phones**) until they go to locker room to dress for their game.
5. **B Team** will assist with warm-ups for the **A Team**.
★Once the game begins, **B Team** will sit together as a team to watch the games or work on homework (**no cell phones**). If your parents are taking you home you may leave with them at this time. They will **need to sign a travel release form** before you leave. Parents and athletes must make a face to face acknowledgement with the coach **BEFORE** leaving. Only a parent(s) may take you home from an away game unless approved by Mrs Modaff **prior** to the game.
** New this year** Parents can provide a maximum of **5 dates** on a single travel release form.

Parents: If you are picking up your daughter from an away game, they will call you when we are 20-30 minutes from arriving at school. Thank you in advance for picking up your daughter in a timely manner.

Home Games:

1. It is advised to bring a light healthy snack to eat prior to the game.
2. B Team will need to be dressed and ready by 4:00 p.m.
3. Once warm-ups begin no cell phones during both games (A team and B team).
4. **A Team** will assist with warm-ups for the **B Team**. Once the game begins, **A Team** will sit together as a team to watch the games or work on homework (**no cell phones**) until they go to the locker room to dress for their game.
5. **B Team** will assist with warm-ups for the **A Team**. Once the game begins, **B Team** will sit together as a team to watch the games or work on homework (**no cell phones**). If your parents are taking you home you may leave with them **after** the **A Team** warm-ups.

Uniforms:

1. The school supplies a jersey. Wash uniforms in cold water and hang to dry. **NO DRYER USE!!**
2. You will need to supply a pair of black shorts, knee pads, and court shoes. Shoes need to be different from your everyday shoes. They **do not need to be volleyball shoes**, just a pair of tennis shoes.

General:

1. **Beginning of season-** Each player will fill out a preseason reflection for coaches to be able to help develop personal goals.
2. **Meeting with Coaches-** Each player will have at least 2 opportunities for a 1:1 meeting with the coach throughout the season to talk about progress.
3. **No jewelry (practice or games)-** earrings, watches, necklaces, bracelets (wrist or ankle) or other piercings are not allowed. You may not just cover them with tape. Bring a baggie to keep these in so you don't lose them.
4. **Cell Phones:** no cell phones during practice or at games. Keep them in your bag or lock them in your locker. After practice or a game they may be used to contact your parents.
5. Unexcused absences will result in decreased playing time. Remember it is your responsibility to inform your coaches ahead of time that you will be absent. If you have not attended school
6. Being positive and hard work is essential to a successful season. See "Control Your Outcome" below.

Control Your Outcome

#Attitude

Be contagious with positive energy. Be that player that everyone feeds off of.

Tell yourself I CAN instead of I CAN'T.

#Preparation

Put extra work outside of practices. Visualize yourself being successful.

#EFFORT

Give everything you have every practice and game not only for yourself but for your teammates. The only time you fail is when you look back and tell yourself you could have done better.

Please sign and return this page by Monday, August 26, 2024

Parental Agreement:

We, the parents or guardians of _____, have read the Dodgeland MS Volleyball Coach’s Expectations and agree to help our daughter abide by the rules and regulations as stated.

Signed: _____ Date: _____
Parental signature (guardian)

Student Agreement:

I have read the Dodgeland MS Volleyball Coach’s Expectations, and I hereby agree to abide by the rules and regulations as stated.

Signed: _____ Date: _____
Athlete’s signature