

Coach Campione's Team Rules and Expectations

Academic Requirements

1. Must maintain a minimum of a 2.0 g.p.a.
2. Must maintain good citizenship.

Academics come first. Do not let your grades drop. Seek help if they do and let us know if you need help.

Practice Expectations

1. Expected to be at every practice on time.
2. If you need to miss or you will be late you need to inform the coach immediately, do not tell another teammate to tell the coach, it is your responsibility to tell the coach.
3. No jewelry is to be worn, and no cell phone use during practice.
4. Underclassmen Varsity players set up the varsity practice net. Everyone helps take down the net.
5. 100% effort at all times in every drill, no dropped balls, never give on a ball, and no excuses. Call every ball and communicate with your teammates.
6. No cussing, swearing, and temper tantrums at practices and at games. Leave your attitudes at the door.
7. Work hard and strive for proper form, technique, skills, and accuracy. Practice as hard as you would play in a game. How you practice is how you will play.
8. Teamwork is most important: help one another, support one another, push each other to do better, always work as a team; the team should come first.
9. Be in shape and condition. It is best for you and helps prevent injuries. Make sure you are properly hydrated: drink plenty of water and sports drinks. Eat a proper diet. Stay away from fast foods and junk foods. Get plenty of rest.
10. Relax and enjoy the game. HAVE FUN!
11. Communicate with the coaches if you have a problem.

Who starts and plays in a game

1. Attitude at practices and during the games.
2. Determined by what is done during practice.
3. Determined by performance in games.

Captains

1. Leaders on and off the court.
2. Great team players
3. Good sportsmanship

Game Expectations

1. You are to be there an hour before the game starts.
2. Varsity players need to be there to watch the j.v. games and are expected to help shag for the j.v.'s warm-up.

3. J.V. players need to stay after the game and watch varsity games and help shag during the varsity warm-up.
4. Home games varsity players set up the court and jv players take down the court.
5. Show respect for yourself, your teammates, your team, Morgantown High School, the other team, the other school, the officials, and the crowd.
6. Give 100% effort.
7. Relax and enjoy the game. HAVE FUN!
8. Away games please notify one of the coaches if you are not riding the bus home.
9. Away games please be on time to pick your child up at the school.

Reporting Injuries

1. Please notify your coach of the injury. Do not try and play through an injury.
2. Next notify one of the trainers of your injuries.
3. Be aware that if you see a doctor for an injury that we cannot let you play or practice until you are cleared by that doctor.
4. Common injuries for volleyball are knees, ankles, shoulders, and fingers.