



PRACTICE PROTOCOL

1. All teams' practices will be at designated time (please verify on SportsPlus App) It is the players responsibility to be on time and ready to start at designated time.
2. Players will come dressed in the appropriate volleyball attire such as shorts, shoes, shirts, etc.
3. Players will be expected to help with any setup, take down or cleanup. The net should be set up PRIOR to practice start time and the volleyballs and cart out of the storage room.
4. Players are expected to attend all strength and condition workouts.
5. All practices are mandatory.
6. If a player is going to be tardy or absent for ANY reason the parent/guardian MUST contact the Team Coach before start of practice in order to be excused and participate in practice or a match on that specific day. If you fail to do so, it will be classified as an unexcused absence.
7. A player is only allowed 3 unexcused absences for the season. If a player exceeds this limit a meeting will be conducted in regards to the player's commitment for the team.