Horizon Christian Academy

Lady Warriors Middle School Volleyball

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Team Handbook

Coach Holly Underwood

**General Information**

**Coaches** e-mail

Coach Underwood holly.underwood@hcaga.org

We are members of the Georgia Independent Athletic Association(GICAA) league.

**Eligible Players** - Females, 6th grade through 8th grade, in good academic standing, with a current physical and signed paperwork on file.

**Try-outs -** Will be held July 25-26th from 3-5 pm.

**Practices -** Season and practice begins Monday July 29th 3:30pm – 5:30pm Monday through Friday.

Once school begins on August 5th, the team will practice from 3:30pm – 5:30pm Monday through Friday. Practices and home games are held in the school gym.

**Uniforms** - will be handed out on August 5th. The uniforms must be turned in within 1 week of the last game played of the season. After 1 week, there will be a $5.00 per day charge until it is turned in.

Practice Uniform – Navy spandex and navy shirt, knee pads, shoes, and socks.

**Equipment** - Knee pads are a must. Volleyball shoes or some sort of “court” shoe are to be worn for practice and games in order to reduce ankle injuries. NO running shoes. I recommend having your own volleyball to practice at home.

GENERAL GUIDELINES

1. Student Athletes are responsible for all rules and regulations listed in the HCA Athletic Participation Agreement and the HCA Code of Conduct School handbook.
2. Academics comes before athletics: If you feel you are in jeopardy of becoming ineligible due to difficulty in your academia, please see the coaching staff so we can help you prior to becoming ineligible.
3. Student Athletes are responsible for additional guidelines as follows:

CONDUCT

1. Student Athletes are representatives of HCA and must display Christian behavior no matter where you are, and especially while in uniform.
2. Temper displays; including throwing, kicking, or hitting an object, will not be tolerated.
3. Embarrassing a player by reprimanding her in front of peers or spectators will not be tolerated.
4. Talking while a coach is talking will not be tolerated.
5. Displays of misconduct will result in consequences to be determined upon severity of the infraction; for example: temper display could result in being removed from a game temporarily or permanently

ATTENDANCE

1. Student Athletes are required to attend all practices/games, and to be on time. Practice begins at 3:30 unless otherwise stated. For home games, you need to be in uniform and in the gym **45 minutes prior to start time.**
2. YOU or your parent must inform a volleyball coach if you cannot be at practice or a game on time or at all. You may notify a coach in person, by e-mail, or in a note. Failure to do so will result in sitting the bench at the next game.
3. Student Athletes who miss a practice the day before a game (even an excused absence) will not be able to “start” a game in a match. You can be substituted in the game. “Starting” positions are based on performance, attitude, and attendance; therefore, you must be at practice the day before a game.

MISCELLANEOUS

1. Equipment – It is the responsibility of ALL of the players to set up AND clean up the equipment for practices and games.
2. The team will set additional team expectations and standards as they deem fit.

PARENTAL SUPPORT

1. Parents of Student Athletes need to take part in the games too. We need Line Judges, parents to track libero, and finally the book. Also, there will possibly be a need for help at concessions and the gate, as well as loud fans.
2. Please join the Booster Club. It’s cheaper than paying each time at the gate.
3. Please support the coaching staff in upholding this agreement, striving to help your child learn to be a well-disciplined Student Athlete while keeping Christ at the center.

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I have read and understand the above HCA Volleyball Team Guidelines and

acknowledge the obligations that are associated with this program. I realize that if I do not abide by these rules, it could result in disciplinary action or permanent

suspension from the team. I also realize that a poor attitude toward the coach, other team member(s), or a poor attitude in general could result in disciplinary action or suspension from the team. I will strive to be a good team player and Christian representative of HCA.

Student Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

Coach’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*\* Please sign and return by the fall sports informational meeting on April 24th.