

CORONADO LADY MUSTANG VOLLEYBALL

ATHLETE AGREEMENT

The following agreement is a guide for players and their parents outlining the rules and consequences of the players' behavior both on and off the court. Discipline is a very important aspect of my coaching philosophy and will be a focus of the Lady Mustang Volleyball program. Each player and parent will be required to sign this agreement to insure that all parties involved are on the same page and are aware of my expectations.

1. **Respect**- all athletes will treat coaches, adults, and teammates with respect on and off the court. When a coach is addressing an athlete it is expected of the athlete to give full attention to the coach and to maintain eye contact with him or her. Failure to comply will result in the following:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation

2. **Absences Excused and Unexcused**- it is tremendously important that athletes show up to practice every day. Prior notice will be given to the coach before any absence. However, any absence will result in the following:

*Athletes will make up the conditioning they missed in practice. Conditioning must be done the following day before practice/games- no exceptions.

3. **Doctors Notes/Parent Notes**- an athlete will be excused from practice only with a doctor's note or under the advice of our trainers. Athletes will not be excused from practice with a parent note.

4. **Tardies**- athletes will be on time to practice, games, and on the bus. If an athlete is late for any reason, the following will occur:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation.

*If an athlete misses the bus they will not be allowed to play in the match.

5. **Workout Clothes/ Equipment** – all athletes will wear the appropriate workout clothes on the appropriate days. Failure to do so will result in the following:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation

*If an athlete forgets any equipment on game day such as shoes, knee pads, or uniform then she will not play in the match.

6. **Travel Conduct and Dress**- athletes will follow the Lubbock ISD travel conduct. When loading and unloading the bus, all athletes will wear school issued wind suits and a Coronado t-shirt. Athletes may wear their own pants, but shorts and tank tops will not be allowed when entering a school or restaurant. Athletes will not be allowed to bring any fast food or open drinks on the bus. The only type of drinks allowed will be those in a plastic bottle with a lid. Athletes will adhere to the same discipline and respect in restaurants and hotels.

7. **Cussing** – there will be no cussing allowed at any time. This includes during practices, games, on the bus, in a restaurant, or at any other time. Failure to comply with this rule will result in the following:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation

8. **Grades** – all athletes will maintain the minimum grade of 70 to remain eligible. Grades will be checked every progress report time. At every progress report or report card, failure to have above a 70 and remain eligible in every class will result in the following:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation

9. **Behavior At School (outside of athletics)** – athletes will show the same discipline and respect to all teachers, administrators, and students at CHS. If any coach is made aware of poor behavior in the classroom the following will result:

1st offense- Mustang Maintenance

2nd offense- Mustang Maintenance and 1 game suspension

3rd offense- Mustang Maintenance and 1 match suspension

*More than 3 offenses- any action the head and assistant coaches deem appropriate to control the situation

If an athlete is written up and sent to the office for any reason, the athlete will be put on Mustang Maintenance and will be suspended for one match. Any athlete that is assigned one or more days of ISS will be permitted to practice, but not participate in any contests that school week.

10. **Community/Social Behavior** – athletes will act like Mustang Volleyball players at all times out in the community. Athletes will not put themselves in situations that could be detrimental to themselves, their teammates, or coaches. If it is made aware to any coach that an athlete is doing things they shouldn't, the athlete will be questioned and the appropriate consequence will be assigned. If an athlete receives any citation from the police such as PI, MIP, MIC, or DWI, UIL rules will be followed and the athlete will be on Mustang Maintenance the entire time they are not allowed to participate in athletics per UIL rules. An athlete's social behavior expectations include things posted on social media sites such as Facebook and Twitter.

****Training Guidelines as specified in the LISD Athletic Policy will be followed at all times when any other issues arise. Each player and parent will be required to sign the district policy before any participation in any sport.**

11. **Parents-** the LISD district policy will also be followed when it comes to what will and will not be discussed in parent meetings. Playing time will not be discussed between a parent and any coach. In the meeting we will only discuss your daughter and not anyone else's. I also ask that if you or your daughter is unhappy and wish to meet with a coach please do so in this way:

1. Coach and Player conference, if all parties are not satisfied then

2. Coach, Player, Parent conference, if all parties are not satisfied then

3. Coach, Player, Parent, Athletic Coordinator, an appropriate next step can be determined if necessary

When a meeting is needed I ask that you call up to the office to make an appointment. It is stated in the LISD Athletic Policy that a parent will not approach any coach before or immediately after any practice or contest. These can be emotional times where nothing good and productive will come out of a confrontation so I ask that you please call the office to schedule a meeting time.

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"We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment."

*It is not going to be easy to be discipline. It's not easy being a Coronado Mustang. It is not going to be easy living up to expectations and traditions. It is not going to be easy to win district. It's not an easy road to the state tournament, but **anything worth having is worth fighting for**. All I ask is that you show up every day willing to do what's right, willing to do the absolute best you can, and willing to be discipline in your actions.*

Parent Signature

Date

Athlete Signature

Date