

WATERLOO JR. HIGH
Lady Bulldogs
Game Day Instructions

Prior to game day

All *fees* and *paperwork* must be turned in.
Must *practice* the day before in order to *start* in a game.
Must *attend school* to play; *excused* absences.

Attending the game

Dress neatly; make-up appropriate, etc.
Bring *all* of your equipment.
Be here 15 minutes *before* the scheduled leaving time.
Sit quietly *in the gym* and wait to board the bus.
Help *carry equipment* to the bus.
Plan to ride home w/parent, *tell the coach*.

Riding on the bus

Stay *in your seat*, facing the front for the entire ride.
You may bring *electronic devices* with headphones, your responsibility.
Talk in a *quiet voice* with a neighbor.
Eat on bus, *clean your area* and put trash in plastic bag.
Do not yell, wave, or gesture *to people* or cars.
Wait till the bus stops before *getting up* and out of seat.

At the game

Sit with teammates, not boyfriends, and watch volleyball.
6th watch 7th, 7th watch 8th, 8th watch both 6/7.
Do *NOT* fill up on junk.
Be *dressed, taped, and ready* by end of 1st game prior.
Ready means that *jewelry and sparkles* are off.
Stretch, jog, and jump with teammates at end of 1st game prior.
Warm up with *class-prepare* to play with *pride*.
Do *not ask* when YOU are going to play, *line-ups* on the clipboard.
On bench, *stand up* and cheer for good plays and substitutes.
NEVER *complain* to officials, or bait them for calls.
Only the *captain* can ask to have a call explained.
Say only *positive* things to your teammates.
Watch your *language, body language, and posture*.
Play with *pride*, shake hands, and come to the bench.

Arrival times for home games

6th arrive 45 minutes before start. May leave after 7th match.
7th/8th arrive by 6th game time and should remain until conclusion.

Games:

6th play 10 minute timed games. 6th grade matches indicated with ** and start at 4:15.
7th starts 45 minutes after 6th; 7th plays 2 of 3, 21 point games; rally score.
8th starts immediately after 7th and plays 2 of 3, 21 point games; rally score.

After the game

Get dressed quickly and get *ALL* of your things

If riding with parents, have *parent sign sheet* with assistant coach.

If riding with *another parent*, you must have a *note* signed by an *administrator*.

If riding the bus, sit in the bleachers and *wait for coaches* and teammates.

Walk to the bus *with the coaches*.

Have your *ride ready* to pick you up when we return.