

Waterloo Jr. Bulldogs Volleyball

Team Rules



A current physical and insurance waiver form must be on file before the start of tryouts. Players must be in good standing at WJHS. They must follow all school rules as well as team rules. Remember that you are a student as well as an athlete and all school eligibility requirements must be met.

Waterloo Jr. High School athletic training standards are in full force. Remember that foul language, drinking, drugs, smoking, poor attitudes, and poor sportsmanship will not be tolerated. Penalties will result.

Volleyball is a team sport. Teamwork is essential to the success of our team. Getting along with teammates on and off the court is essential.

Practice rules:

1. Be on time – 6th/7th grade team practice begins at 3:10 and will end at 4:30. 8th grade team practice begins at 4:00 and will end at 5:30. You must be dressed and ready to begin practice on time.
2. Have appropriate clothes, shoes, knee pads. Clothing which advertises beer or cigarettes and “co-ed naked” clothing is considered inappropriate.
3. No jewelry.
4. Keep fingernails short and hair tied back.
5. Help with equipment.
6. Cheer for and compliment teammates.

7. Any missed practices for an unexcused absence will result in losing game time. This policy starts with the first tryout session and continues through the duration of the season.

Game rules:

1. All players will ride the bus to and from the game. You may go home with your parents after first having a parent sign the parent sign out sheet. If you plan to ride with an adult other than a parent, you must first have a note signed by the parent and co-signed by a WJHS principal.
2. Be on time for both home and away matches.
3. Eat properly.
4. Respect all players, fans, coaches, and officials.
5. You are responsible for you uniform, kneepads, etc. If you ruin something-you will pay for it.
6. Sit with the team and watch volleyball during games. Help with statistics and shag balls.
7. We will call on the way home to let parents know when we will return. Have parents waiting at the school for you at that time.

Penalties:

Penalties will result for violation of practice rules and game rules. Penalties may include running, losing of playing privileges, suspension, or expulsion from the team. Penalties may also result from:

1. Not following specific coach's requests.
2. Poor attitude.
3. Foul language.
4. Failure to hustle or persistent complaining.

Communication is a key to the success of a volleyball team. Being open and sincere is just as important to the coach as it is to the players. Please let me know what is going on in your mind. I will try to keep you informed as to what is going on in mine.

It takes commitment, dedication, and cooperation to meet our team and personal goals. This can only be done with enthusiasm and a positive attitude. Do your part to be a positive influence for the team.