**BULLDOG VOLLEYBALL TEAM**

**PARTICIPATION INFORMATION**

**Welcome to Bulldog JH Volleyball**

The Bennington Junior High School Volleyball coaches are looking for dedicated student athletes that will take pride in their school and are willing to be committed to giving the **maximum effort** needed **in the classroom** and **on the court**. Wearing a Bulldog uniform is a privilege and brings both responsibilities and rewards.

**Required Paperwork**

You may participate in matches ONLY after submitting all of the required paperwork:

\*Current physical and emergency contact form on file

\*Watch the concussion video and turn in concussion form

\*Athlete and Parent Acknowledgement page

**Proper Practice Clothing**

Wear comfortable clothes: t-shirt, shorts/spandex, socks, court shoes. Kneepads are HIGHLY recommended but not required. DO NOT wear low-cut, tank or spaghetti strap tops or excessively cut off shirts. DO NOT wear jewelry or chew gum.

**Team Placement Criteria**

Coaches are looking for coachable athletes who have a great attitude, work ethic, and want to learn to be better players and teammates. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill. In addition to specific volleyball skills, coaches will be looking for the following player attributes:

**Attitude:** Players who are positive, competitive, coachable, and eager to learn

**Athletic Ability**: Players with the ability to learn and perform complex skills

**Position**: Players who skills fit a specific need for a team’s overall balance.

Prospective players will be asked to demonstrate their understanding of basic volleyball skills (passing, serving, hitting, setting, blocking, defense) in skill and competitive situations. Coaches will take note of those players who demonstrate progress while learning new skills. As with most team sports, coaches will evaluate players for their ability and potential to fill specific position needs (setter, outside hitter, middle blocker, opposite hitter, defensive specialist/libero).

**How to impress the Coaches**

1. Be among the first to arrive in the gym and begin individual skill practice.

2. Be among the first to line up for drills.

3. Pay attention and look the coaches in the eye when they speak to you or the team.

4. **BE LOUD**.

5. Be a champion ball shagger.

6. Be among the first to put away equipment.

**Preserving a spot on the team**

1**.** For each eligibility period, athletes must be passing 6 classes (schoolwork is priority).

2. Schedule appointments so they do not interfere with practice. BE AT PRACTICE!

4. Be on time for scheduled leave times…we will NOT wait for you.

5. Profanity has no place in practice or matches. Keep yourself under control.

**Bennington JH Bulldog Parents’ Guidelines**

**Parents’ Roles:**

1. Communicate with your daughter.

2. Respect the decisions of the officials.

3. Respect other fans, coaches, and players.

4. Do not talk negatively, either publicly or in electronic forum, about the program,

coaches, administration, parents, and/or other players

5. Contact the coach through agreed upon procedures.

6. Understand that coaches are responsible for doing what is best for the entire

team, not just one player.

7. Be a fan of everyone on the team.

8. Be supportive of your child.

9. Respect the chain of command: child – head coach – athletic director – Principal-

School Board, and give each an opportunity to examine the issue.

**Contacting the Coach:**

1. Contact the Head Coach, rather than the Assistant Coach.

2. Call the school to set up an appointment.

If a problem arises…

**Meeting with the Coach:**

1. Your daughter must know that you are meeting with the coach and/or be present.

2. Conversation must be in a professional manner with regard to language and conduct.

3. Everyone gets a chance to talk, but everyone must listen as well.

4. Meetings must not occur on game days, only by appointment, and with Principal or

Athletic Director present.

**Things to Ask About:**

1. What was your reasoning for doing what you did in this situation involving my child?

2. Does my child work hard in practice and have a positive attitude at practice?

3. In what areas does my child need to improve?

4. How can she make these improvements?

5. Is my child a positive addition to the team?

6. Is there something I can do to help you/the situation

**Things Not to Ask About:**

**1. Playing time**

**2. Game strategies**

**3. Other players**

**Red Flags for Parents**

1. Trying to solve her problems for her

2. Coaching her after she knows more about the game than you do

3. Expecting her to look at you during matches and time outs

4. Avoiding you after matches

**BEST THING TO SAY AFTER A MATCH: I LOVE WATCHING YOUR TEAM PLAY!**

**PLAYER/PARENT ACKNOWLEDGEMENT**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,**

**and my parent(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have completely**

**read and understand the Bennington JH Volleyball Packet. By signing below, I agree to its**

**terms and agree to abide by them.**

**Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Remove quote and hang it in your locker!

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*Individually*,

We are one DROP,

*Together*,

We are and OCEAN!