

Prairie Volleyball Expectations

- o All students must comply with the Prairie School and the WIAA Handbooks.
- o All student-athletes must be in school for the entire day of a game or practice in order to compete or practice. The athlete is also expected to be in school the day after an event.
- o An unexcused absence from practice will result in loss of playing time.
- o An excused absence is determined by the coach, trainer, doctor, or absent from school.
- o No parents are allowed to watch practice.
- o All players must be on time and ready to practice before 4:00. The coach should be notified immediately of any injuries or illnesses. Any taping and treatment needs to be taken care of in the training room BEFORE practice starts at 4:00. Please make sure that if a player will miss a practice that the player contacts the coach directly with an email, phone call, or text before she misses the practice.
- o Appropriate clothing for practice includes: spandex/athletic shorts, t-shirt (no cut-offs), knee pads, socks, ankle braces, and court shoes.
- o Make sure all of your belongings are locked up in a locker during practice. Please leave your cell phone in your locker. You may not use it during practice or games unless you have permission from the coach.
- o Uniform (will be provided by coach), navy blue spandex, knee pads, black, ankle braces, and court shoes must be worn for games.
- o If the athlete loses a uniform, they are responsible for replacing it.
- o Please machine wash the jerseys inside out on cold and allow to air dry. These are new uniforms and we want to keep them nice.
- o When we have an away game, board the bus at least 10 minutes before the scheduled departure. Make sure you have all of your equipment. After the game, athletes that are going home with their parents must notify their coach and have a written note. Only parents are allowed to take their child.
- o The Prairie School has a no cut policy but that does not mean you are guaranteed playing time. Coaches will only discuss an athlete's role, playing time, or any other issues with their PLAYERS directly. You must wait 24 hours after the match is over to address any concerns.
- o All players in the volleyball program are expected to help run home tournaments and matches. (line judges/libero trackers) Service hours are given for home tournaments. Players are also expected to attend the match before/after their team plays.
- o No peanuts or snacks that contain peanuts are allowed at practice.

If you have any questions or concerns, please contact us at:

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