



Prairie Volleyball Expectations

- All students must comply with the Prairie School and the WIAA Handbooks.
- 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.
- An unexcused absence from practice will result in loss of playing time, this includes being late to practice unexcused. An excused absence is determined by the coach, trainer, doctor, or absence from school.
- All players must be on time and ready to practice before 4:15pm or the start of the practice time. If a player is going to be late or absent for any reason, **the player** must text or email your coach directly, do not put another person in charge of passing along a message. You may also find your coach in person during the school day, with the exception of JV/JV2 players who can find one of the other coaches on campus.
- 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 4:15pm.
- Appropriate clothing includes: spandex/athletic shorts, Prairie affiliated t-shirt, knee pads, socks, ankle braces, and court shoes.
- Make sure all of your belongings are in a locker or designated storage space during practice. Leave your cell phone in with your other belongings. You may not use it during practice or games unless you have permission from the coach.
- Uniforms will be provided by The Prairie School, which includes a uniform top and navy spandex, must be worn for games. Players must also wear white socks, white knee pads, and court shoes. Ankle braces are optional.
- Players are responsible to make sure all uniforms and athletic gear are present at all games and practices.
- If the athlete loses or damages a uniform, they are responsible to replace it.
- When we have an away game, players should board the bus at least 10 minutes before the scheduled departure.
- After the game, athletes that are going home with their parents must notify their coach and have a written note or sign out. Only parents are allowed to take their child.
- Coaches will only discuss an athlete's role, playing time, or any other issues with the players directly. You must wait 24 hours after the match is over to address any concerns. Players can request to meet with the coaches before practice by emailing the coaches directly. Parents can request meetings with coaches only after a player and coach meeting has taken place.
- The Prairie School has a no cut policy but playing time is not guaranteed.

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

Sophia Penkala - head varsity coach – spenkala@prairieschool.com

Fletcher Paulsen - assistant varsity coach – fpaulsen@prairieschool.com

Mike Moe - head JV coach - mikemoe18@gmail.com

James Dykstra - head JV2 coach - jdykstra11@gmail.com