

BROOKSIDE VOLLEYBALL



2020 HANDBOOK!

Lady Bulldog COACHES CONTACT:

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Girls Athletic Website:

<http://bisgirlsathletics.weebly.com/>

Brookside Volleyball Rules 2020

Conduct: (Classroom and Athletic)

- As a Brookside athlete, you are held to higher expectations than the regular student body. It is a privilege and not a right to be able to participate in extracurricular activities.
- The CCISD extracurricular Code of Conduct and Student Handbook can be found at the district website. www.ccisd.net
- You will be respectful to all teachers, coaches, refs, and athletes, whether they attend Brookside or another school.
- You will follow rules in the classroom and on the court. Teachers will be asked to notify your coaches if your behavior is out of line.
- If any teacher contacts a coach about your behavior, the following steps will be taken:
 - 1st time- disciplinary action, conference with athlete and face to face apology to teacher.
 - 2nd time- disciplinary action, conference with athlete and face to face apology to teacher, and a “**1 set suspension**”.
 - 3rd time- disciplinary action, conference with athlete and face to face apology to teacher, and **match suspension**.
 - 4th time- **dismissal from team**.
- ISS is unacceptable for any reason.
 - 1st time- 1 match suspension
 - 2nd time- dismissal from team.

Appearance:

- Gym shorts or pants are to be worn over spandex except for when preparing for practice (uncovered to and from locker room is acceptable). You may not stop on the way to practice/games in your spandex and hang out with peers in the hallway.
- Spandex must be covered in all other areas of school and when arriving to/leaving campus.
- Shorts or pants must be worn over spandex on the bus and at other campuses until game time.
- You must follow school appropriate dress code.
- Club volleyball attire is not allowed.
- Brookside issued equipment is not allowed to be worn during school, ex: uniforms, backpacks. These items are issued out and returned. They are not to be hemmed, or damaged. The athlete is responsible for everything issued out. If lost, it must be paid for when uniforms are turned in.

Practice:

****Doors open at 6:00am for 8th grade, and 4:15pm for 7th.**

- 7th grade: Monday-Wednesday... 4:15pm-6:00pm
 Thursday... Game Day... no practice
 Friday... 4:15pm-6:00pm
- 8th grade: Monday-Wednesday... 6:15am-7:45am
 Thursday... Game Day... No Practice
 Friday... 6:15am-7:45am
- The gym doors will lock at 6:25am (due to safety purposes), please make sure you are on time and ready to go.
 - Fully clothed including knee pads up, shoes on and tied, all jewelry off and hair pulled back.
 - Physically ready to work out
 - Water bottles are **REQUIRED** on the gym tables near exit to hallway. For every bottle left behind is a running consequence for team.
 - All other belongings should be locked in your assigned locker
- If you are not prepared for practice on time, there will be immediate consequence for each minute you are late.
- Call or email your coach if you will be absent from school or practice.
 - Missing practice results in reduced playing time and if repetitive, dismissal from the team.
 - If restricted from practice by a doctor, a release form must be presented before return to play is initiated. A player must participate fully in one practice before being allowed to play in a game.

Game Day:

- Team Unity
 - The teams will sit together but not in bleachers. The bleachers are reserved for parents. Student body will not be participating at games this year so that we can reserve the space for athlete families. Players should be focusing on preparing for the game.
 - Cell phones need to stay in a safe place (locked in locker if at Brookside or in a safe place at away games). Players are not allowed on the phones during their game time.
- After "B" Game
 - After the "B" team game, athletes are asked to be taken home. We have to clear gyms before "A" team parents can enter. Janitors are cleaning/sanitizing bleachers between games.
 - At home games we are still using the same protocol. All "B" team members are being asked to leave with parents

Nutrition

- Breakfast Daily (toast, oatmeal, fruit, etc.)
- Healthy lunches (not 3 bags of chips)
- Carbs (pasta, whole grains, fruits)
- Water and liquid with electrolytes

- No candy, coke or caffeinated drinks from off campus concessions stand on game days.
- Water is the only drink allowed on the bench
- Need healthy snacks afterschool before game (Jason's Deli)

Playing Time

- Determined by coach
 - This year games are 2 out of 3, regardless of outcome. Last year we played 3 games no matter what.
 - If a player is concerned about playing time, the athlete must speak directly to their coach. Coaches will not discuss playing time with the parents, until spoken to by the athlete.
- What affects playing time
 - Tardiness (to practice and getting picked up from games)
 - Missing practice and games
 - Practices may be made up after school, arranged by the coach
 - Attitude
 - Not following rules (dress code, getting in trouble in class, peers in stands, not following BIS girl's athletics policies)
 - Skills and improvements

Parent Responsibilities

- Be a positive role model by respecting other players, coaches, officials and spectators
 - Please do not yell at coaches, players (including your child), scorekeepers or officials
- Encourage your player to work hard and always support the team, whether on the court or off.
- Please do not coach your player from the stands. The only coach(es) they need to get direction from while playing for Brookside is/are the Brookside coach(es). They are instructed to not take advice from the stands.
- If your player is concerned about playing time or anything else on the team, please encourage them to speak with their coach before contacting us.
 - After your player has spoken with their coach, you may schedule a conference if you are not satisfied with the results. The conference will include their coach, and the Girl's Athletic Coordinator.
 - You may not approach a coach before or after practice or before or after a game to discuss a grievance. You may schedule a conference via email or phone call.
- COVID PROTOCOL:
 - **In practice** players are wearing mask, washing hands constantly, sanitizing equipment.
 - Mask "breaks" are allowed away from other players.
 - All **Clear Connection** players and **8th grade** should answer the QR code (Covid Questionnaire).
 - **At Games**: We will be playing in our mask. High School is also playing in theirs. When sitting on the bench(6 ft apart) or coaching, we are wearing our mask. Game rules have changed this year: There will be no coin flip. Visiting teams automatically get first serve. At the end of game, instead of shaking hands we all go to the attack line and wave 😊.
 - **On Bus**: we are wearing our mask. Clear Connections parents may take their child to and from the game. Please help us in picking up your child at their game, regardless of being home or away.

Brookside Volleyball Rules and Guidelines

Player Name: _____ Grade: _____ Date: _____

I have read and fully understand the rules of playing on the Brookside 7th /8th grade volleyball team. I understand that these rules are showing respect for me, my health, my teammates and Brookside Intermediate.

Print name

Signature

I have read and fully understand the rules which my daughter will have to follow while playing on the Brookside 7th /8th grade volleyball team. I understand that these rules are showing respect for my daughter, her health, her teammates and Brookside Intermediate.

Print name

Signature