



8th Grade Volleyball Handbook 2022



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Volleyball Expectations

- Be to practice on time (only 5 minutes early, no more than that as we have other duties)
- Get to the bus on time for away games (have all your gear and water bottles, double check)
- No messing around or inappropriate behavior in the locker room (no bullying allowed)
- No pictures and videos (aka no tiktok/snapchat/instagram etc) are taken in the locker room, so respect other people's privacy
- Attend practice regularly, if there are unexcused misses, there will be consequences (less playing time, meeting with parents and coaches etc)
- If there is an excused miss (doctor's appt, funeral, sick etc), email us in advance so we know
- Wear school appropriate volleyball clothes/gear and gym shoes for practices and games
- Give your best effort and play to the best of your ability (don't compare yourself to others)
- Push yourself to be better than you were the day before
- Have a growth mindset vs a fixed mindset in regards to feedback given from coaches
- Parents can sign their players out with coaches for away games (wait until all matches are done)
- Players need to stay for all matches (even if you aren't playing you need to stay until the end and cheer on your teammates) (be respectful to your whole team)
- No eating on the bench
- No running to the concession stand/locker room/parents during matches (sit on the bench or with the team in the stands)
- Respectfully cheer your teammates on (but don't put down the other team while doing so)
- Show good sportsmanship (before, during and after the match to refs and the other team)
- Enjoy the process
- Have fun!

Academic Expectations

- Student first, player second (school first, volleyball second)
- Follow Bondurant-Farrar's academic protocols in order to be in extracurricular activities (refer to the school handbook for more details)
- If not, you won't play

Character Expectations

- Represent Bondurant-Farrar with pride and in a positive manner
- Good character on the court and in the classroom
- Leave our bench/locker room/bus/gym cleaner than it was before we got there
- Be kind, positive, respectful, and take responsibility for your actions
- Focus on what is in your control and make a positive impact
- Respect each other, respect your team, respect yourself