

Montana Juniors Volleyball Club

Policies & Procedures 2011

Behavior & Image

You are a member of a select group. We are in our 21st year as the Montana Juniors VBC. Represent us well and help us continue to build something special.

Uniform and Equipment

You will be given the following uniform: Competition tops, 1 pair of spandex, 2 pairs of socks. Keep it in good condition throughout the season. It should be worn only in competition. Though not required, ankle braces and kneepads are something you may want to consider.

Practice & Competition

- 1. During practice wear reasonable attire.*
- 2. Be at practice at least 20 min. early. You may be responsible for setting up and taking down the equipment. Be careful when doing so the standards may be heavy and 2 people may be needed to carry them. When finished put the equipment away in an orderly fashion.*
- 3. You are expected to arrive at the competition site at least 45 min. before your first playing or officiating assignment. You should be dressed and ready to warm-up 30 min. prior to your team's first match. When officiating no Ipods or cell phones. Unless there are extenuating circumstances no player should leave a tournament until your team's last officiating assignment is done.*
- 4. If for any reason you will be late or absent from practice or competition, you must inform your coach at the earliest opportunity. If you can't reach your coach contact Coach Wells at 696.4139.*
- 5. Keep track of balls/bag/cart/med kit at practice and tournaments. Practice & competition sites are difficult to obtain. Treat them with care and clean up.*
- 6. ~Do not walk, sit, or lean, hustle throughout the practice.
~Put your hair up in such a way that you don't have to bother with it.
~No jewelry or chewing gum.
~Foul language is not allowed.
~Pay attention and do not talk when your coach is speaking.
~When addressing your coach, do not use their first names.*
- 7. Playing time is a coaching decision. You will earn playing time in practice and competition with your performance, attitude, effort and your ability to fit into a system with your teammates.*
- 8. Have fun and enjoy the 2011 season!*