

# Policies & Procedures 2008

## Behavior & Image

You are a member of a select group. We are in our 18th 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: \*2 competition tops, \*1 pair of bottoms, \*2 pairs of socks. The uniform is yours to keep. However, until the season is over, we expect you to keep it in good condition. It should be worn only in competition during the season. Though not required, ankle braces and kneepads are something you may want to consider.

## Practice & Competition

1. During practice you need to wear reasonable attire. Nothing with buttons and no tank tops.
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 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/scorekeeping, no MP3 players or cell phones. All players will remain at site until last officiating duty is completed.
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 Wade Wells @ 696.4139.
5. Keep track of the balls/bag/cart/med kit at practice and tournaments. Practice and competition sites are difficult to obtain. Treat them with care and clean up.
6. ~No walking, sitting, and leaning. Hustle throughout practice.  
~Put your hair up in such a way that you don't have to bother with it.  
~No jewelry or chewing gum.  
~Pay attention and do not talk when your coach is speaking.
7. Eat healthy during competition. Bring or purchase things that will allow you to maintain the energy needed to compete.
8. 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.
9. If you have a problem or conflict, you should first discuss it with your coach. If you are not satisfied with the result, you should discuss it with Wade Wells, the director for the program. Do not jeopardize your team's performance and cohesion by bringing up these problems during a practice or competition, or by discussing it with a teammate prior to discussing it with your coach.
10. All players are required to help during the two tournaments we host. The 16's/18's will assist on Saturday and the 14's on Sunday. Duties will consist of concession sales, product sales, gate fee collection, clean up, etc.
11. Have fun and enjoy the 2008 season!!