2020 - Millard West Volleyball Athletes

Welcome to a new year as a member of the Millard West Volleyball Program! We are excited to get the 2020 season underway. Before we do, we need to address expectations.

**Player Code of Conduct:**

As a member of the Millard West Volleyball Program, you will be expected to commit to the following 5 values every day:

1. **Respect**
\*Teammates – Each player brings something to our team. Understand and respect similarities and differences of each athlete.
\*Coaches – This staff is here to make decisions that will make our program successful.
\*Teachers – Turn in assignments on time and make school a priority. No pass = No play
\*Opponents – Respect the ability of each team we play no matter their reputation.
\*Facilities/Equipment – Equipment stored neatly in the storage area and all balls shagged.
2. **Wildcat Pride**
\*Sportsmanship – We compete as a unit. Win with class, lose with dignity.
\*School Representative – By being on this team, you are a representative of Millard West High School.
\*High School Organization – You are now on a high school team for 3 months. Although participation in club is encouraged AFTER the high school season, club affiliated shirts will not be allowed at practices or matches.
3. **Competitive**
\*Practice, Matches, Academics - Nothing is given. You must earn your spot. Work Hard to maintain and better your Role. If you are not happy with your Role, challenge yourself and work to better your Role on the team.
4. **Positive Attitude**
\*In everything we do.
\*Come every day to practice with focus and determination to improve as an individual and as a team.
5. **Have Fun / Stay Focused**
\*It is our goal to provide an environment that allows players, coaches, and parents to have fun being a part of the Millard West Program and be successful at the same time.

**Millard West Varsity Lettering Criteria:**

1. Coach’s discretion
2. Play in 50% of games
3. End season in good standing
4. No unexcused absences

**Other Important Items:**

1. A player CANNOT play in ANY other league, club, sand sanctioned match while in high school season
2. It is highly recommended that players do not take individual lessons from anyone other than the high school coaches during the high school season. If a player would like extra help with a specific skill, they should seek a Millard West coaching staff member.
3. If a player is sick, a parent should email Coach Wessel or a member of the coaching staff so we can plan practice/matches accordingly.
4. Players NEED TO BE AT PRACTICE.

**All athletes who violate the Possession of Alcohol or other Drugs policy will report to our Athletic Director, Lance Smith for school discipline.**

**The use or possession of an illegal narcotic drug, drug paraphernalia, look-a-like substance, controlled substance, mood-altering or behavior-affecting substance, or alcoholic beverage, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection. Jeweling, Dripping etc.**

**Hazing**

Hazing shall be defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership with any group or activity operating under the sanction of the Millard Public Schools. Such hazing activity shall include, but not be limited to the following: whipping; beating; branding; forced and prolonged calisthenics; prolonged exposure to the elements; forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption; prolonged sleep deprivation; harassing by exacting unnecessary or disagreeable work, banter, ridicule, or criticism; or any brutal treatment or the performance of any unlawful act which endangers the physical or mental health or safety of any person. Consent to the hazing by the student(s) shall not be a defense to hazing. Hazing will not be tolerated in any Millard Public Schools activity or athletic program.