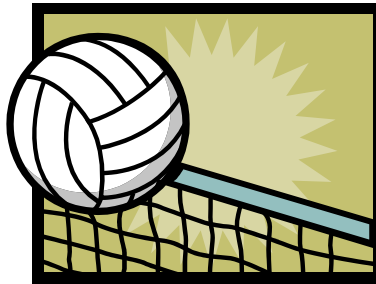


Beauregard High School

Fall 2009

Volleyball Handbook



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STATEMENT OF EQUAL EDUCATIONAL OPPORTUNITIES: it is the policy of the Lee County Board of Education not to discriminate on the basis of gender, disability, religion, creed, national origin, ethnic background, or age in its educational programs, activities or employment policies as required by Federal Regulations.

Beauregard High School Athletic Department

Through hard work, integrity, commitment, discipline and loyalty, the members of the Beauregard High School Volleyball Program shall display personal, team and school pride to become well rounded individuals and better citizens.

We will strive to teach our athletes to be good people with good character and teach them the principles and values that transcend beyond athletics which they will carry with them for the rest of their lives.

The primary purpose of our competitive sports program is to provide experiences that will enable our students to progress toward established educational objectives. These objectives include the following qualities: physical strength, endurance, vitality, neuromuscular skills, courage, alertness, resourcefulness, good sportsmanship, character, high moral standards, loyalty, and healthy self respect. Our coaching staff is dedicated to helping the student athlete reach these goals.

Parent/Guardian Introduction

Beauregard High School students who choose to become involved in volleyball must compete with other students in order to earn positions. Students may choose to increase their chances for success by competing or taking part in off season activities. Summer clinics, summer leagues, summer exercise, club activities and preseason training are but a few of the ways in which players can improve their skills and increase the quality of their performance.

Your child has been selected to be a part of this program and should be prepared to accept placement at any team (JV and/OR VARSITY). A goal of a competitive athletic program is to put the most talented members of the team in competition to win a contest. Starting positions and playing time are not guaranteed to seniors or anyone on the team. Everyone is a valuable member of the team. Each athlete should have personal improvement as one of her goals.

Things you need to know:

Requirements:

- Eligibility:
 - Each athlete must submit a birth certificate to be copied and kept on file at the school. The birth certificate must be a certified copy with a required seal.
 - Each athlete is required by the state to have a physical examination. A record of the exam must be kept on file in the principal's office and one copy to the coach. No one is allowed to go on the court without having had a physical exam.
- Academic eligibility
 - Athletes must pass 6 units per year; 4 must be core courses such as science, history, English, and math.
 - Each athlete must have and maintain a C (70) average. If anyone does not pass or the required units or have a C average, she will be dismissed from the team.
 - BHS administration will determine eligibility

Team requirements:

- A player must remain a player for the entire volleyball season. Once a player quits or is dropped from the team, she forfeits her right to be on the team again. Uniforms and any items belonging to the school must be returned immediately.
- Players must ride together to all away games, no exceptions. If a player does not ride back on the bus, the parent or guardian in the presence of the coach must sign a permission slip. This is done for everyone's benefit and to release the school of all responsibility in the event of an accident. Those not arriving on time will be left at school.
- If a player becomes pregnant during the season, she will be dismissed from the team.
- After school practices will be determined by the coach. All practices are mandatory. If there is an emergency and an athlete cannot come to practice or a match, notify the coach ASAP.
- Athletes are a select and respected group. They will use proper conduct and should be dressed appropriately at all times.
- Players will treat all other players, coaches, referees, teachers, adults and administrators with respect at all times.
- All athletes must wear the designated uniforms during every competition. Any part of our uniforms may only be worn by that athlete.
- A volleyball player must be physically fit and understand the physical challenges associated with the sport. Beauregard High School follows the guidelines set by the Board of Education and the State Athletic Association. **If an athlete complains repeatedly about a physical problem or has a physical problem that interferes with her team duties, the coach or administration has the right to require that person to see a doctor.** She may also be suspended from her team duties until the coach has been presented with a doctor's release. The player will still be required to attend all games and practices.
- Players are not permitted to use cell phones while they are performing volleyball duties unless permission is permitted by the coach.
- The coach and/or school administration will be responsible for discipline of the athletes at all performances. Parents please don't discipline an athlete during the game or practice.
- Athletes should display sportsmanship and enthusiastic attitudes at all times.
- A player's conduct in the classroom should be of the highest caliber in order to set a good example for other students to follow.

Expenses:

- All athletes must accept the responsibility of fund raising. Fund raising helps cover the cost of uniforms, volleyball equipment, officials, and travel expenses. The more money we raise, the cheaper the cost out of pocket.

EXPENSES (PART 2): any fund raising we do will be divided accordingly and credited to your volleyball account.

Each player must have the following item:

Uniform: \$150.00(new players)

This total is due before we can make the order. All money is due no later than 6/22/09. The order will be placed on 6/26/09. If you haven't turned in your money, I cannot order your uniform.

The no's:

- No jewelry (practice or games).
- No primping on the court.
- No gum, candy, or junk food! ONLY LOW CALORIE/LOW SUGAR DRINKS ALLOWED.
ABSOLUTELY NO SOFT DRINKS!!!!!!!!!!!!!!
- No hairstyle should interfere with volleyball duties.
- No long fingernails that interfere with volleyball duties.
- No exposed undergarment (bra straps, etc...)
- Nobody other than the player is allowed to wear any BHS volleyball uniform.
- NO DRAMA.
- No profanity. (at games officials may give fines to that player and eject them from the game)
- Ejection from a game is a \$300.00 fine paid by the athlete to ASHAA
- No ISS or suspensions from school.
- No public displays of affections.
- No hoochie mama outfits worn at any school function!!!

Volunteer work:

- Each athlete will be required to accumulate at least 8 hours of community service/volunteer work before school starts. You have a log sheet that you will need to get signed by your supervisor. THIS CANNOT BE YOUR SUMMER JOB! YOU MAY NEVER ACCEPT ANY TIPS OR MONEY!!!!
- There are many opportunities for you in this area. The benefits of volunteer work are numerous. They include:
 - Helping the community
 - Possible job in the future
 - Exploring personal job interests
 - Looks good on college applications
 - Increasing contacts who can write references for you
 - For us to get help (\$)from the community, we need to help the community
- You can do this on your own, as a small group, or a large group. You must contact these places yourself and schedule the times and dates that you will be there. Keep in mind that you are representing ME, YOURSELF, YOUR FAMILY, AND BEAUREGARD HIGH SCHOOL. Always be respectful and punctual. Be GOOD HELP and do EVERYTHING they ask of you and follow their rules.

Some possible places/ideas are:

- Humane society-821-3222
- Community market-749-8444
- East Alabama food bank-
- EAMC (the hospital)- 528-5923
- Boykin center
- A day care center