



VOLLEYBALL

TEAM RULES & EXPECTATIONS

ATTITUDE & BEHAVIOR

- Show respect to coaches, teammates, referees, and opponents at all times.
- Maintain a positive attitude, even during challenges or mistakes.
- Be Supportive! Encourage teammates on and off the court.
- No gossiping, bullying, or negative talk - zero tolerance.
- Practice sportsmanship, win or lose.
- Be coachable - listen actively and apply feedback.

PRACTICES

- Arrive 15-20 minutes early and be ready to start on time.
- Wear proper attire: court shoes, knee pads, team shirt, hair up.
- Bring a full water bottle and stay hydrated.
- Give full effort every drill, every rep - Hustle Everywhere!
- No cell phones during practice.
- Communicate absences or tardiness in advance.
- Unexcused absences may affect playing time.

GAMES & TOURNAMENTS

- Arrive at the designated time, usually 45-60 minutes early.
- Wear the full team uniform and come game-ready.
- Stay with the team unless given permission to leave.
- Be engaged on the bench - cheer and support your teammates.
- Respect referees - players and parents do not approach officials.
- Playing time is **EARNED**, not guaranteed.

ATTENDANCE & COMMITMENT

- This is a team commitment - attendance is expected.
- Absences affect team chemistry and may impact playing time.
- Notify the coach as early as possible if you'll miss a practice or game.
- Illness and emergencies are understandable - communication is key!



PICTURE THE WIN

Volleyball Team Scavenger Hunt Challenge



TAKE A PHOTO....

- ☐ *Of your team posing like you're in the middle of a dramatic match point*
- ☐ *Of a volleyball midair in a pass, set, or serve*
- ☐ *Of someone wearing volleyball gear wrong on purpose*
- ☐ *Of a teammate photobombing another group's picture*
- ☐ *Of someone posing like they're on the cover of a volleyball magazine*
- ☐ *Of a water bottle pyramid (with at least 3 bottles)*
- ☐ *Of your team lined up from shortest to tallest*
- ☐ *Of someone balancing a volleyball on their head*
- ☐ *Of your team recreating your funniest in-game moment*
- ☐ *Of three teammates doing a perfect bump, set, spike pose*
- ☐ *Of volleyball gear arranged like a smiley face*
- ☐ *Of everyone jumping in the air at the same time*
- ☐ *Spelling the word "VOLLEYBALL" using people or props*
- ☐ *Of someone acting out a line judge making a call*
- ☐ *Of your team doing their best "serious coach face"*



VOLLEYBALL TEAM

GET TO KNOW YOU

Name: _____

Birthday: _____

My school: _____

TELL US ABOUT YOUR FAVORITE THINGS...

Food: _____

Color: _____

Movie: _____

Song: _____

Book: _____

Ice Cream Flavor: _____

Candy: _____

Vacation Spot: _____

Hobby: _____

Store: _____

Restaurant: _____

SHARE SOMETHING INTERESTING ABOUT YOURSELF...

