

# VCHS Volleyball - Policy 2008 v.1

1. All practices and games are required. For every PRACTICE missed, you will be benched a minimum of 2 games. For every MATCH absent, you will be benched the next match. You are required to attend every match even if benched.
2. Attend the entire practice! Every minute of practice missed means running 1 "line/towels" to be done the next practice.
3. 2 prearranged missed practices are allowed without penalty only after the first 10 league-required practices have been completed.
4. Appropriate athletic footwear and socks required at all times (Converse low tops, flip flops, sandals, bare feet, etc., are not allowed).
5. If you forget your uniform for a match, you will not be able to play. You are, however, still required to attend the match with your team.
6. As we represent VCHS, we expect each of our athletes to practice "The Golden Rule" at all times, toward your teammates and your opponents alike. Bad attitudes or bad language will be benched.
7. Returning this form and a sports physical is required before you can play in a game.

I have read, understand, and agree to the above policy

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*Parent*

*Date*

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*Student*

*Date*