

**Disclosure Document for  
RHSM VOLLEYBALL**

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**STARTING PRACTICE DATE:**            August 6, 2007  
**ENDING DATE:**                            October 27, 2007 (if participation in State competition occurs)

**Attendance Requirements**

Attendance at all practices and games is **mandatory**, unless otherwise indicated by the coach. In order to participate in a game, a student-athlete **must** be in attendance at **every** class that day unless she receives an excused absence. Medical or dental appointments, funerals, weddings, field trips and other school-related functions will be considered as excused absences and participation may be allowed at the discretion of the coach. **Failure to attend classes due to illness, even if a student attends part of a day, will result in ineligibility for game participation that day.** (RHSM Athletic Handbook)

If an athlete must miss a practice or game, notification of the coach should be done as far in advance as possible, **not** the day of the game or practice unless the absence is due to illness. (RHSM Athletic Handbook) Following is the policy for volleyball:

**Tardiness Policy:**                    If a player's tardiness to practice or a match is deemed unexcused by a member of the coaching staff, the consequence will be as follows: 5 serves with a half court spring in between for each minute late. **Excessive tardiness may result in loss of playing time in a match and/or possible dismissal from the team.**

**Absence Policy:**                    Absence from practice deemed unexcused by a member of the coaching staff will carry the consequence of loss of playing time in matches (e.g., missing a week of preseason will result in missing 2 matches; unexcused absence for one or two days will result in missing 1 match, etc.). **Family vacations, attendance at concerts and the like will be considered as unexcused absences. Three unexcused absences = dismissal from team**

After receiving a copy of the practice and game schedule, an athlete must notify the coach **IMMEDIATELY** concerning any obvious conflicts she has with games and/or practices. If any other conflicts arise during the season, the coach should be notified immediately. Conflicts arising from academic needs or personal circumstances should be discussed with a player's coach as soon as the need arises so that arrangements for appropriate accommodations can be made, if possible. **If too many conflicts exist, a player may be counseled out of participation.** (RHSM Athletic Handbook).

**Pre-Season/Vacation Practices**

Students and parents must understand that because both pre-season in the fall and spring and practices held during the winter vacation are important to the progress and preparation of the team for competition, every effort must be made to attend. In addition, parents and student-athletes must realize that missed practices will result in a player falling behind other players in her preparations for the season, or the games immediately after a vacation. Coaches should be informed as soon as possible if the choice is made to miss any or all of these practices. **Making such a choice will usually affect a player's position on the team for at least some period of time after the player returns to the squad (see absence policy above) and,**

**if coaches determine too many absences will occur, a player may be counseled to leave the team.**  
(RHSM Athletic Handbook)

### **Playing Time (games)**

**Any player without an excused absence who does not attend ALL of her classes at school on a game day will not be allowed to play in that day's game.** Medical, dental, funeral, weddings, or school –related functions will be considered as excused absences, and participation will be at the coach's discretion. Failure to attend morning classes due to illness, but a return to afternoon classes will result in ineligibility for game participation that day. Furthermore, all players must have completed required medical exams and other required forms to be eligible for games and practices. (RHSM Athletic Handbook)

Playing time can be an issue for students, parents and coaches. The goal for freshmen/sophomore and junior varsity teams is to give players experience. These teams are more developmental in their nature. Though there is a desire to win and playing time reflects this, all players who demonstrate consistently positive effort and attitude, commitment to hard work as well as appropriate skill level and knowledge of the game, will receive some playing time in each contest.

By the time players reach the varsity level, playing time in most games will be based on the goals of winning the game, developing players for the future and rewarding hard work, sportsmanship, and responsibility. At this level, some players should expect that they will not play or will play very little. (RHSM Athletic Handbook)

Serious disrespectful behavior or negative attitude at any time may result in loss of playing time or even dismissal from the team. Players who are late to or have an un-excused absence from practice risk a loss of playing time as discussed earlier. Chronic tardiness or absence may also result in dismissal from the team.

### **Conflicting Activities**

Student athletes who are considering participation in a sport as well as involvement in another school activity such as the school play, debate, music, etc., are responsible for contacting both parties involved to inform each of potential conflicts. Both supervisors then have the option of requiring the student to make a choice if the schedules submitted and discussed cannot be reconciled in such a way that permits the student-athlete to participate in both activities to the satisfaction of the supervisor or the coach. This policy pertains to non-school related activities as well (music lessons, dance lessons, outside RHSM sport team participation, etc.). (RHSM Athletic Handbook)

### **Athlete/ Coach Conflicts**

If a student-athlete has a problem with a policy or decision made by a member of the RHSM coaching staff, it is expected that a meeting to discuss the conflict will first be held between the coach and the athlete. If the situation is not resolved following this meeting, the coach should meet with the parent or guardian of the athlete for further discussion. The next step would involve a meeting with the Athletic Director, and the final meeting, if necessary, would involve the RHSM principal (and Head of School if deemed necessary). Following such a procedure will assure all involved parties of a fair resolution to the situation. The coach and athletic director will work to see that all concerns are heard and responded to. (RHSM Athletic Handbook)

## Grading Policy

A player's grade will be based upon the following:

- Practice attendance/participation: 10 points/practice possible (60% of grade)  
**A Day practices: 2:45 – 5:00 p.m. (JV & Varsity)**  
**B Day practices: 4:00 – 6:00 p.m. (JV & Varsity)**  
**Game Days: No practice**
- Match attendance/participation: 10 points/match possible (40% of grade)

## Eligibility Requirements

The Utah High School Activities Association has established a number of eligibility requirements for students who wish to participate in the high school athletic program as follows (all the following information can be found in the RHSM Athletic Handbook as well as at the UHSAA website at [www.uhsaa.org](http://www.uhsaa.org)):

- A. **Scholastic Eligibility**
  1. **An individual must be a full-time student at RHSM.**
  2. **A student cannot fail more than one subject in the preceding grading period.**  
Incompletes (I), no grades (NG) and no credits (NC) are considered failures until made up.
  3. **A student must have obtained a minimum grade point average (GPA) of 2.0 or its equivalent in the preceding grading period.**
  4. **A student who is scholastically ineligible for a grading period cannot represent the school in any contests** (can't be in uniform, can't warm up with the team, can't sit on the bench with the team, can't be introduced as a team member)
- B. **Age Requirement**

If a student turns nineteen (19) prior to September 1 of the school year, he or she is ineligible for participation.
- C. **Seasons Rule**
  1. No student shall participate in more than four seasons in any one activity and not more than 3 seasons in any one activity after entering the tenth grade.
  2. A student may participate in only one season per sport in any school year. Participation, for purposes of this rule, includes trying out for a team.
  3. A school may sponsor an activity only once in any school year.
- D. **Participation on Outside Teams**

A student, while participating as a member of a high school athletic team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-school sponsored contest as an individual, not a team member, while a member of a high school team during an activity season.
- E. **Physical Examinations, Parental Consent Forms, Tryout Checklist**
  1. No student shall be eligible to compete in any athletic contest sponsored by the UHSAA unless the student has a physician's certificate stating that he or she is physically able to compete in interscholastic athletic contests and practices. A health examination must be performed and the Pre-Participation Athletic Health Exam (**FORM A**) must be on file with the Athletic Director before a student may participate in practices or contests.
  2. Interim questionnaires (**FORM B**) must be completed by the parent or guardian each subsequent year after the Form A has been filed. A re-evaluation physical examination will be required if any positive responses appear for questions 1-16 on Form B.
  3. A UHSAA **Disclosure and Consent Form** must be completed and signed by the parent or guardian (and signed by the student) annually.

4. The UHSAA mandatory “**Tryout Checklist**” must be read, signed and submitted to the coach prior to participation.
5. Parents are asked to submit the school’s “**Emergency/Permission Form**” ASAP.

### Insurance

**The possibility of injury (which can range from minor to major in nature and even death) is inherent in participation in sports.** Consequently, all athletes should be covered under hospitalization insurance through their family—the school does not offer individual student insurance coverage.

### Transportation

The following policies will apply to athletic team transportation at RHSM (RHSM Athletic Handbook):

1. The Athletic Director is responsible for arrangements for team transportation to away sites.
2. Teams or individuals may, in certain situations, travel to contests or practices in private cars. The head coach or Athletic Director may arrange for cars and drivers in these instances.
3. Licensed student athletes may drive to and from off campus events with the coach’s permission, provided she has on file a signed parental release form giving permission for them to do so. Athletes who have signed forms on file which allow him or her to be transported to a game or practice site by another licensed, parentally released student, will also be allowed to do so. Student athletes who choose to accept this responsibility must notify the coach of this decision and must also submit the required paperwork.
4. **Students are expected to utilize transportation provided by the school to away sites. A written request from a parent or guardian must be submitted to the Athletic Director if a student-athlete must drive to a contest when team transportation is provided. If the request is granted, written permission from the parent or guardian must be submitted to the Athletic Director and coach.** The same type of permission will be required if an athlete will use alternative transportation back to RHSM, even if that transportation will be provided by the athlete’s parent or guardian. Each request of this nature will be considered on its own merit by the coach and/or Athletic Director.
5. Coaches and student-athletes are responsible for the care of vans and buses. Upon return from a trip, athletes are expected to remove all trash and equipment from the vehicle(s).

**FAILURE TO FOLLOW THE ABOVE-MENTIONED GUIDELINES MAY RESULT IN SUSPENSION FROM THE TRAVELING SQUAD AND/OR REVOCATION OF DRIVING PRIVILEGES TO ATHLETIC PRACTICES AND/OR CONTESTS.**

### Miscellaneous Information

1. All who meet their required responsibilities as a member of the RHSM volleyball team will maintain their team membership; however, players will be placed at the team level best suited to their skill and emotional maturity level as determined by the coaching staff.
2. The starting practice date is **August 6, 2007**. All players should plan on attending scheduled practices from that date until season’s end (October 27 for varsity and other select players).
3. A practice/match calendar is included for your information, as well a match schedule.
4. Open gyms will be held several times during the month of May, 2008 and will be announced to players. Attendance at these open gyms is highly recommended, but is optional. **An individual skills camp will be scheduled the week immediately following the last day of school (June 9, 10, 11)—attendance is strongly recommended. Attendance at a team camp to be held the third week in June in SLC is highly recommended for those wishing to play at the varsity level.**

5. Athletes will be responsible for paying for their own meals on road trips, may purchase a team sweatshirt, T-shirt and/or sweat pants (approximate cost of \$60), must provide their own kneepads (approximate cost \$15), court shoes, and practice apparel (**white T-shirt and black or navy blue shorts**). Athletes will also be billed for the cost of the team uniform shorts (\$25) and team socks (\$3.60/pair). Players will be issued a home and an away jersey, warm-up pants and top and a team bag to be returned at season's end. **Any damage or loss of any of these items will result in the billing of the replacement cost of the item to a player's parents.**
6. Injuries should be reported to the coach and trainer immediately. **If injured, that athlete is still required to attend practices so they don't miss out on what is being taught.**
7. **Players are to attend all matches scheduled for the evening, both home and away.** If a player absolutely cannot attend all matches, the coaching staff must be notified the day before. Players will be responsible to line judge or be part of the "three ball system" at each home match and will also be responsible to line judge at away matches as assigned by coaching staff.

**NO PLAYER CAN ENTER A GAME UNTIL THE COACH HAS RECEIVED AN AGREEMENT TO DISCLOSURE DOCUMENT THAT HAS BEEN SIGNED BY THE PARENTS AND THE ATHLETE.**

I understand and agree to follow the outlined policies regarding participation in the RHSM Upper School Athletic program and have read and understand the Athletic Handbook portion of the Upper School Parent-Student Handbook. **(If two parents/guardians will be involved in the student's participation in the athletic program, BOTH must sign this document.)**

\_\_\_\_\_  
PLAYER NAME (**PLEASE PRINT**)

\_\_\_\_\_  
PLAYER SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN NAME (**PLEASE PRINT**)

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN NAME (**PLEASE PRINT**)

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

Date signed: \_\_\_\_\_

Sport: VOLLEYBALL