



LADY WRANGLER

volleyball



PRACTICE EXPECTATIONS

1. Athletes are expected to be at all practices

- a. Athletes must communicate with coaches about any missed practices
- b. Missing practice for any reason will result in owing a makeup practice
- c. Consistently missing practice could result in loss of playing time
- d. Excused Absence - anything school related (Band, Choir, Tutorials... etc.)
- e. Unexcused Absence - anything else, may result in loss of playing time for that week

2. Practice Schedules - unless otherwise instructed.

- a. 7th Grade: Mon-Wed, drop off begins at 6:30, practice through 1st period
- b. 8th Grade: Mon-Wed, 7th period until 5:00pm, must be picked up by 5:15pm
- c. Thursday: Game Day, everyone stays after school.
- d. Friday: No before or after school practice, only practice during the period.
 - i. Please coordinate bus ride or parent pick up in the front loop



PRACTICE EXPECTATIONS

1. **Injuries DO NOT excuse you from practice** (If you come to school, you come to practice).
 - a. Be present and encouraging toward your teammates, and listen/watch drills
2. **Practice Uniforms** - Red shirt, black spandex or shorts
 - a. Shorts must be over spandex AT ALL TIMES, unless in the gym at practice
 - b. Wear the shorts you paid for, or any other black shorts you have
3. **Locker Room**
 - a. Everyone has been issued a locker that locks. Keep all valuable items in your locker
 - b. Lost and Found, easier with your name on the items.
4. **High School Trainer** - injuries sustained at a CISD event - FREE!!!
 - a. The trainers cannot see you for an injury you received outside of West
 - b. Click [HERE](#) for the training room google form for injuries



PRACTICE EXPECTATIONS

1. Athlete Pick up & Drop off

- a. DO NOT park in the parking spots and expect you kid to run across moving traffic to get to you.
- b. The line is long... it won't be long every day due to staggered practice times starting next week.
 - i. Some days may be worse than others.
- c. This is not us being picky... it's about keeping your kid safe and making the line as efficient as possible.
- d. Please continue moving the line down the bus loop. Don't pick up at the corner.
- e. Quickly get in the car and be ready to move!



GAME DAY EXPECTATIONS

- 1. Everyone is required to stay for ALL 3 GAMES**
 - a. These nights are a commitment to the team
 - b. There will be some time allowed for them working on school work
 - c. There will be time when technology needs to be put away
 - d. Advanced notice is required if needing to leave early
- 2. Home Games**
 - a. Everyone will help take down the gym after the A game
 - b. Athletes may leave ONLY when a coach dismisses them
 - c. Please get picked up in a timely manner at the back of the school
 - d. No sign out sheet for Home games



GAME DAY EXPECTATIONS

1. Away Games

- a. Everyone rides the bus to away games
- b. Parents can pick up at location OR anyone can ride the bus back to West (recommended)
 - i. SIGN OUT if not riding the bus back
 - ii. We need to know ahead of time if your athlete is going home with someone else
- c. We will have the girls call/text you when we are on the way home

2. District Tournament

- a. This is for A team ONLY.
- b. It is Halloween weekend, so PLEASE do not plan any trips that weekend.



GAME DAY UNIFORMS

1. **Game Uniforms** - Jersey, spandex, knee pads
 - a. Jersey will be provided
 - b. Spandex & knee pads are NOT provided
 - c. Long black leggings are fine if needed, but we recommend spandex otherwise
2. **Uniform Care**
 - a. Uniforms are new. PLEASE DO NOT PUT THEM IN THE DRYER.
 - b. Do not write on them, they will be turned back in at the end of the season
3. **Game Day Attire to School**
 - a. Home Games - Professional (no leggings, baggy clothing, tshirts...etc.)
 - b. Away Games - Volleyball shirts & jeans (no holes)



CLASSROOM EXPECTATIONS

1. High Standards

- a. Our athletes represent our program everywhere they go.
- b. They are held to a higher standard of behavior and responsibility in the classroom
- c. Treat other students, staff, and support staff with respect at all times

2. No Pass, No Play

- a. 9 week grading period vs. 6 week eligibility periods
- b. If you are not passing your classes, you become ineligible to play for 3 weeks
- c. Failing grades SHOULD NOT be a surprise.
- d. Go to Tutorials/Wrangler Time
 - i. 7th grade after school
 - ii. 8th grade before school



COMMUNICATION

1. PARENT SQUARE/STUDENT SQUARE

- a. Download the app for quick notifications
- b. You should have an account already, it will be the emails you have for the school
- c. We can no longer use SportsYou, so you **MUST** check your emails

2. Weekly Emails

- a. **ALL SPORT INFORMATION WILL BE IN COACH CANTRELL'S EMAILS**
 - i. Practice schedules, game information... etc.
 - ii. **PLEASE** do not brush over these emails. This is the only way we can communicate with you and the girls now.



UPCOMING EVENTS

- 1. Middle School Night @ CHS Aug. 31st**
 - a. Bus provided to CHS
 - b. We will go eat at Rosa's in Coppell (Please bring some money)
 - c. Pick up @ CHS by 7:45pm, no bus back to West
 - d. Optional, but encouraged as a team bonding activity
- 2. Picture Day - Sept. 9th**
 - a. More information to come
 - b. This is a game day, athletes should have their uniform.



EXTRA PURCHASES TODAY

1. Game Day Meals

- a. OPTIONAL
- b. \$80 for the entire season
 - i. Purchase all or nothing.
- c. Meals will be given out each game day (home & away)
 - i. Vegetarian option is available
 - ii. Money and form due by this Thurs. 8/26

**SCAN HERE TO
ORDER MEALS**



1. Extra Clothing

- a. \$10 per item, \$20 for a set
- b. \$100 will get you pregame meals and an extra set of clothing today!
- c. Cash or check

