1. COMMUNITY
	1. I’m THIRD (Faith, others, me)
	2. Loyalty
		1. You will never experience another relationship like that of a teammate – cherish each other and the bond you can form.
		2. Everyone is valued
			1. 1 Cor. 12: 21 – 26 “The eye cannot say to the hand, ‘I don’t need you!’ And the head cannot say to the feet, ‘I don’t need you!’ On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor…But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.
				1. Love and respect each other – be each other’s biggest cheerleader!

Don’t underestimate or overestimate your role on the team – EVERYONE is needed!

* 1. Trust
		1. Coaches
			1. Our philosophy – get on the same page!
			2. Personal vs. Professional
		2. Coach/Player relationship
			1. We have to trust that you’re going to do what is asked of you – every time.
1. CHARACTER
	1. Integrity – who are you when no one is looking?
	2. Humble Confidence
		1. Clothe yourself in humility toward one another & your opponents
	3. Classroom
		1. Be respectful
		2. Work hard
		3. Academics come first!
		4. Time management
	4. Work ethic
		1. Push through when things get hard – LIFE
		2. Learn the value of WORK – LIFE
		3. Understand talent vs. work ethic
2. COMMUNICATION
	1. Teammates & Coaches
		1. No one understands EXACTLY what goes on in this gym except your teammates and coaches.
		2. Open door policy with Coaches – expect the truth – don’t overdo it.
		3. Hold each other accountable
	2. Media
		1. I’m THIRD – give credit to teammates and other team
		2. FUTURE – focus on one match at a time, one step at a time – don’t let them reel you into future talk
		3. Polls/Rankings
			1. Words on paper can’t take you anywhere!
				1. Buy into the TEAM and our goals and live it out!

1. Every player is expected to dedicate herself to the Yorktown Volleyball program and to represent her school, team, family, and herself with pride and dignity.

 2. Minimal make-up to be worn at practice and games.

 3. Dress for all games is to be appropriate (no blue jeans or sweats).

 4. No blue spandex for practices.

5. Players are to sit together during the other team’s game (no cell phones – if they are being used disciplinary action will occur). Doing homework during the match is allowed.

 6. Players must be punctual for practice, meetings, games, and bus trips.

7. The use, possession, or distribution of alcohol, drugs, and/or tobacco will result in disciplinary action as detailed in the school handbook.

8. Players serving a detention will run 1 mile for each hour of detention served. Also, any player placed in ISS for a full school day will be given a 1-game suspension (notify Coach).

 9. Players are expected to ride the team bus to and from away games.

10. Players are to go to the locker room immediately following the game. Visitors/fans are not allowed in the locker room without permission.

11. Excessive absences from school and/or practices will result in disciplinary action (missed practice results in a game suspension).