**Junior High Volleyball Syllabus**

Coach Whipple:

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**Objective/Mission**:

Our objective is for junior high volleyball players to improve on their skills of the game of volleyball. While improving their volleyball skills, we will work on our communication skills, team working skills, responsibility skills, and general physical/health and well-being.

**Student Rules/Regulations:**  
Participation in our volleyball program will require a yearly physical (7th grade or if you did not participate in a JH school sports last year 8th grade) and being registered online for sports. Along with this paperwork, students are required to bring athletic shoes, shorts, socks, water bottle, mask, and a t-shirt every day to practice. On games days, the girls are expected to have the uniform that is supplied to them, black spandex’s or black shorts, socks, knee pads, mask, and a water bottle.

Students who do not bring their items to practice each day will lose their 2 points for that day’s practice.

**Grading Policy:**

Since volleyball practice occurs during the school day this will be a graded class. Grades will be based on the following criteria:

1. Having the practice clothing/supplies. (+2)
2. Good sportsmanship and respect of players and coaches. (+3)

**Grading Scale:**

100 A+

94.5-99.99 A

92.5-94.49 A-

90.5-92.49 B+

87.5-90.49 B

85.5-87.49 B-

83.5-85.49 C+

78.5-83.49 C

76.5-78.49 C-

74.5-76.49 D+

71.5-74.49 D

69.5-71.49 D-

0-69.49 F

**Practice Time/Routines:**

1. Players are required to be on time. Prefer to be early and stretched out prior to practice. Being late to practice will result in more conditioning at the end of practice.
2. Players are required to have all practice attire on before the first whistle.
3. Practices are required. If an athlete misses a practice, it will result in missed playing time and more conditioning. (That stated, missed practice will happen and will be dealt with on an individual basis.)

**Dress Policy:**

1. Students will be assigned a uniform.
2. They will be charged if they do not turn their uniform in or if they damage their uniform.
3. No jewelry can be worn at practice or games.
4. All clothes need to be kept in their lockers. Your lockers need to be kept clean. Your lockers need to be kept locked at all times. Do not give other students your combination. A padlock will be provided.