



# 2020 Cardinal Volleyball Tryouts



Welcome to RSMS Volleyball! We are looking for dedicated student athletes who take pride in their school and are willing to work hard in the classroom and on the court. Wearing a uniform is a privilege that carries many responsibilities and rewards.

**Coaches:** Sasha Hightower Herron [sasha.hightowerherron@raytownschools.org](mailto:sasha.hightowerherron@raytownschools.org)  
Danielle Mesecher [danielle.mesecher@raytownschools.org](mailto:danielle.mesecher@raytownschools.org)

**Athletic Paperwork:** You can attend tryouts **ONLY** after completing all the paperwork required by the Raytown Athletic Department

- MSHSAA Pre-Participation Physical Evaluation (good for two years)
- Raytown Emergency Contact Form
- Raytown Eligibility Policies/Standards – Code of Ethics
- Student Athlete Contract

**Tryouts:** Tryouts will begin Monday, August 24th thru Friday August 28th in the RSMS gym from 4:15-5:45pm. Rides need to be here no later than 5:45 pm.

### What to Bring:

- Required: T-shirt, shorts/spandex, sports bra, socks, tennis shoes
- Recommended: face mask, knee pads, inhaler (if needed), personal water bottle. **We will not allow the use of the water fountain as a prevention measure of COVID 19.**
- What **NOT** to bring: cell phones (must be kept in bag/locker), jewelry, food or inappropriate attire.

**Tryout Criteria:** The coaching staff will look for coachable athletes who want to become better players/teammates and have a great work ethic! Coaches will use a point-based rubric that will evaluate the following criteria: \*Serving \*Passing \*Setting \*Attitude  
\*Work ethic/hustle \*Sportsmanship

It is not our intention to make cuts, but depending on numbers, we may have to do so.

**Also, please keep in mind that with the unknown circumstances of the COVID-19 virus it may affect the season. We will keep you notified if any changes do occur.**

Please contact me with any questions/concerns you may have. I look forward to a great season!!

## **Contract for Volleyball Players and Parents**

I, \_\_\_\_\_(name, first and last), want to play volleyball for Raytown  
Volleyball Eligibility & Consent Forms

South Middle. In exchange for the privilege of being on the team, I promise to do the following:

**1. KEEP ACADEMICS FIRST.**

- Your grades and class work come before volleyball. Do your homework when you should; directly after school is best. Complete your **OWN** work. **Failing grades will result in player ineligibility.**

**2. ATTENDANCE. BE ON TIME AND BE AT ALL PRACTICES.**

- Be properly dressed with volleyball spandex/shorts and shoes, knee pads, no jewelry, no cell phones, pull hair back, etc.
- We are aware that there may be circumstances that arise that cause you to miss a practice; e.g. vacation, illness, etc. When this occurs, the **player or parent/guardian** must verbally inform or email the coaches in advance when possible.
- **BEING GROUNDED BY YOUR PARENTS WILL BE TREATED AS AN UNEXCUSED ABSENCE.** This type of absence will result in the player losing playing time and/or being dismissed from the team after 3 unexcused absences.

**3. ATTITUDE. THIS APPLIES IN CLASS AND ON THE COURT.**

- Our goal is to field a team of players that consistently demand more of themselves, than what is demanded by the coaches. Be coachable, hustle, display mental toughness, good sportsmanship and be focused on the game.
- **RESPECT COACHES, TEAMMATES, OPPONENTS AND REFEREES.** Behavior that reflects negativity on players, coaches and referees will not be tolerated and will lead to consequences, e.g. lack of control or profanity or participating in negativity on social media or texting.
- **RESPECT CLASSROOM TEACHERS AND ADMINISTRATORS.** Lack of respect and discipline issues resulting in school consequences, e.g. ISS, OSS, will result in game, team suspensions or dismissal from the team.

**4. AS A TEAM MEMBER, I WILL GO TO THE COACHES/TEAM MEMBER FIRST IF THERE IS A PROBLEM WHICH IS RELATED TO THE TEAM.**

- Do not complain to others. Give the person an opportunity to correct it and/or seek help from a coach.
- **ADJUSTMENTS AND SACRIFICES** are necessary to achieve team and individual success. **EXTRAORDINARY COMMITMENT** on the part of players, their families, and the coaches is important. In return, we have an opportunity to create a positive experience that will affect our lives forever.

**5. APPEARANCE,** especially when attending team functions, should be:

- Neat and well groomed. Hair style should be pulled back out of the face and manageable. Tuck in jerseys and only wear issued uniforms. Let coaches know immediately if there is an issue.

**6. APPLY GOOD HEALTHY HABITS.** This includes 8 ½ hours of sleep when possible. Eating breakfast, eating healthy foods, drinking at least 8 glasses of water per day and abstaining from

alcohol, illegal drugs, tobacco, excessive soda pop (12 oz per day maximum, none is better) or junk food (HOT CHIPS).

**As a parent/guardian of \_\_\_\_\_, I promise to do the following:**

**Influence my child to abide by the contract he/she has signed. Discuss any issues regarding poor academics, bad attitude with the coach as soon as possible. Be an example of good sportsmanship at games by making only positive comments about the players or coaches, keeping criticism of the officiating to a minimum volume and frequency, and treating the fans of our opponents with respect. On time transportation of my child to and from practices or games will be my responsibility, not the coaches. Be patient with coaches who are not giving your child the playing time you feel she deserves.**

**I understand that if I play on this team, I will agree to abide by these expectations described on this sheet. I promise to return uniforms to one of the coaches when volleyball season is over.**

\_\_\_\_\_  
**Player Signature**

**I have also read the required expectations during the volleyball season. I will ensure that these expectations are practiced.**

\_\_\_\_\_  
**Parent/Guardian Signature**