



MILLSAP VOLLEYBALL



Program Guidelines & Rules

- ★ TWO-A-DAYS IS **MANDATORY** IN ORDER TO PLAY VOLLEYBALL
- ★ PHYSICALS MUST BE COMPLETED AND TURNED IN **BEFORE** YOU ARE ALLOWED TO PARTICIPATE IN VOLLEYBALL

Practice: Everyone knows that in order for any person to be successful in whatever it is they are doing, that person must practice at it. Which is why it is important for volleyball players to be in attendance at ALL practices.

- ***If an athlete misses a practice, for any reason, that athlete will be required to complete a make-up workout for that missed practice.*** This is NOT a punishment, just a way for the athlete to make up for the conditioning in the practice that they missed.
- If you have to miss a practice, you must let a coach know well in advance by contacting us through Remind or through email.
- If you need to leave practice early, you must tell your coach at the beginning of practice that day and explain why early dismissal is necessary (Dr. appointment, family emergency, school event, etc.)
- A practice schedule is made available to players every Friday/Monday. So, please always have your athlete picked up promptly at the end of practice. *Please do not make our coaches wait longer than 15 minutes at the conclusion of practice.*

Excused vs. Unexcused Absences from practices or any team event:

Every athlete is expected to be at EVERY PRACTICE AND EVERY GAME! If you miss practice the day before a game, you will complete the make-up workout the next day (game day) before school or as soon as your coaches are available or you will NOT play in that game. If you or your parent have a pressing concern about an illness or health problem, contact me or another coach ASAP and schedule a Dr.'s appointment promptly!

- **Excused:** If a player misses and has a LEGITIMATE DOCTOR'S NOTE or we have been immediately notified or emailed by the parent explaining the severe circumstances about the child's absence, that will be counted as an excused absence and will not be punished. However, the make-up running will still occur to catch up on conditioning that was missed.
 - School related absences from PRACTICES ONLY will also count as an excused absence. However, the make-up running will still occur to catch up on conditioning that was missed. If there is ever a conflict with another school related extracurricular activity that you participate in on a volleyball game day, your commitment to your volleyball team should ALWAYS come first!
- **Unexcused:** An unexcused absence is when an athlete misses to go anywhere EXCEPT a practice or any team event, has a headache, feeling too tired, a minor ache or pain, or anything else that is an excuse to get out of practice. ***IF YOU DON'T COME TO PRACTICE, YOU DON'T PLAY! Simple as that.***

Discipline: Millsap Volleyball players are held to a very high standard. I love the game of volleyball because of all the life lessons we get to teach these young ladies through it. Being an athlete in any program teaches discipline, responsibility, and respect and that is what we are aiming to do in ours as well. The goal is for your daughter to leave our program a strong, well-rounded woman which is why we must enforce rules and hold the players accountable for any rules/guidelines that are violated.

Parents, my goal is to be fair and consistent, all I ask is for your support in return. I know that kids will mess up and make mistakes from time to time, (we all do) however it is our job, as parents and coaches, to guide them and hold them accountable when they do.

- **The following can be reasons for punishment:** being late or an unexcused missed practice, not having practice gear, game uniform or equipment, violating dress code, profanity, poor etiquette before, during, or after game or practices, disrespect towards coaches or teammates, unacceptable locker room conduct, inappropriate social media behavior, wearing jewelry in practice/games, any act of violence, etc.
- The punishment for any violation of rules/guidelines will be chosen by coaching staff to what they deem is appropriate for said offense. *For example*, a jewelry offense would be handled differently than forgetting practice gear. While both are still violations of our rules, obviously forgetting practice gear is a much bigger violation and would be dealt with accordingly.
- Our coaching staff will be keeping documentation of each time an athlete violates our guidelines. If an athlete has multiple offenses and has not shown any progress towards correcting the issues or if a severe violation occurs, the coaching staff will contact the athlete's parents and a meeting will be held to discuss the issue at hand and the future of this athlete in our program.

Conditioning Test: On the first day of Two-A-Days, there will be a conditioning test that every player must pass before they are able to play volleyball for the season. This is mandatory. You will have two days to complete and pass the conditioning test.

- Option 1: In order to make any team, you must run 6- 200 meter sprints in 40 seconds or less each. To have a chance to make varsity, you must make them all in 35 seconds or less.
- Option 2: In order to make any team, you must run 1 mile under 7:30. To have a chance to make varsity, you must run your mile under 7:00.

★ **TO BE EXEMPT FROM CONDITIONING TEST:**

- 15/20 EDGE workouts = NO CONDITIONING TEST
- 10/20 EDGE workouts = Half of the conditioning test. (3- 200 meter sprints)

Equipment: Always treat school issued equipment with the utmost respect as we can not buy new equipment every year and it will more than likely be handed down. Coaches will wash uniforms and spandex after games, but all other equipment (your practice gear, socks, knee pads, etc.) is to be washed on your own to prevent items from being mixed up or misplaced. Part of being an athlete is learning responsibility, so please take care of your equipment. Athletes should NEVER wear any form of Millsap ISD practice equipment for any reason other than an athletic event (game, practice, pep rally, etc.).

Dress Code: Athletes set an example for many students and are often viewed as leaders in the school. That is why it is important for you to always set a good example by following the school dress code. On game days, all Millsap Volleyball players must wear their game day shirt and jeans to school. (No holey jeans)

- ***NEW*** Once District games start, on Home Game Days, ALL volleyball players must dress nicely (Dresses, nice pants, and blouse, etc. Think of what you may wear to a formal event) Even though I am asking you to dress nicely, you must still follow the school dress code on District Home Game dress up days! Any violations of school dress code will result in running consequences. *The idea behind the dress up days is: If you look good, you feel good and if you feel good, then you play good. We dress our best to play our best!*

Athletic Supplies & Medicine: Coaches will provide athletic tape, pre wrap, ice, icy hot, bandages, etc. However, athletes are in charge of providing their own KT tape if needed. Also, athletes will be in charge of providing their own medicine (Tylenol, Ibuprofen, Advil, etc.) Coaches will only give out medicine to an athlete if the parent writes a note allowing us to do so. This is to protect our coaching staff and athletic department. During the school day, please follow the district policy and only get medicine from the school nurse.

Drugs/Vaping/Alcohol During Season: We have a **ZERO TOLERANCE** policy for any drug, vape product, or alcohol use by our athletes. If at ANY time a volleyball athlete is caught doing drugs, vaping or drinking alcohol, they will be suspended for 4 games (2 weeks) and will not be allowed to play in any game, travel with the team, or sit on the bench at home games during her suspension. However, they will still be expected to attend practices and do a set amount of conditioning each day until the suspension is complete. Depending on the severity of the case, drug or alcohol use could result in removal from the volleyball program at the head coach's discretion. Do what's right, be smart, and do not associate yourself with people who make irresponsible decisions. One person's poor decision reflects upon the entire program, so hold each other accountable and make sure your teammates are taking care of themselves.

Quitting During Season: If an athlete decides to quit during the season, they must inform the coaching staff first and foremost. That athlete will have **24 hours** to change their mind. If they do not change their mind within the 24 hour time period, they will not be allowed back on the team during that season under any circumstances. If that athlete does change their mind before the 24 hour time period is up, your decision will need to be discussed with coaching staff before being allowed back on the team.

Parent Help: Parents, we need you! You are a vital part of this program just as much as your child. Anytime we need a game-day meal for the girls, tournament food, locker room decorations, team dinners, etc. we will send out a Remind asking for your help. Any volunteers would be GREATLY appreciated. The strongest athletic programs have a courteous, cohesive, team-like relationship between the parents and coaches and the better we work together, the better our season will go.

Pre-Game Meals: What our athletes put in their bodies is crucial and directly affects their performance. Because of this, we ask that parents/athletes contribute to game day meals with healthy, protein-filled food. No fried food! Before all home games, the girls will stay at the school and eat TOGETHER in the old weight room (JV white, JV maroon, and Varsity). This not only promotes healthy eating habits for a healthy lifestyle and helps our athlete stay in tip top shape, but it also gives the girls a chance to bond and build relationships off the court. We will provide a sign-up sheet for parents to volunteer to bring food on home game days. You do not have to sign up, but we really appreciate anyone who helps out!

Games: At all games, teams that are not currently playing will sit in the bleachers TOGETHER as a team, (not with your friends or boyfriend) and support the team that is on the court playing. This goes for JV White, JV Maroon, and Varsity. Yes, this means that when you are done playing, you must stay and watch the rest of the Millsap Volleyball teams compete. This is MANDATORY. Cheerleaders, Maroon Crew and band members will need to speak with me if a situation comes up where volleyball conflicts with football. We will discuss it at the time of the event but remember...your TEAM comes first. **Parents, please do not approach us on the bench during a game for any reason.** Coaches have a job to do and we cannot do that job to the best of our ability if we are approached during games.

After Games: All athletes will ride the bus home from away games. This is MANDATORY. If you have a family function or emergency (this does not mean going to a friend's house, football game, etc.) and need to leave before all games are over, a **parent** (not you, the athlete) MUST contact us before all games begin.

- If there is a vital need for a player to ride home with another parent, a message on Remind or a note/call from you, the parent, is required.
- Parents, please pick up your athlete promptly after away games. Remind messages are sent home after each game with an estimated arrival time to the school, so there should not be any reason for coaches to have to wait longer than they already have to.

Tutorials/Grades: Coaches will perform grade checks **FREQUENTLY** to make sure athletes are not falling behind in their classes. All athletes are expected to maintain an A/B average year round. If at any time a student is making a C in a class, a meeting will be set up between a coach and that athlete to discuss what needs to be done to get her help in the classroom. Any athlete that is failing a class or classes will be assigned a tutorial slip to be signed by the teacher of that class to show that you are going to tutorials to improve your grades. Academics are the most important thing and if we lose sight of that, then we lose sight of true success no matter what our win/loss record may be.

Social Media: Every athlete in the Millsap Volleyball Program will be followed on Twitter, Instagram and Facebook by the *Millsap Lady Bulldogs Volleyball* pages. While social media can be a great tool, it can be a detriment as well. Millsap Volleyball athletes will be held to a higher standard when it comes to social media. We will not "police" your social media accounts. However, if it is brought to our attention that you post something that we believe is detrimental to this school, yourself, or this program you will be confronted by your coach and a meeting will be held with you and your parents to reevaluate your future with Millsap Volleyball. You are walking billboards for Millsap ISD and the entire volleyball program. So, you are held to a higher standard of representing our school, team, and ourselves with dignity and respect. ***SEE SOCIAL MEDIA POLICY***

Monday Morning Team Meetings: This is something new we will be implementing this season. There are many things our players will learn throughout the season that go beyond the game of volleyball, which is why we will have weekly meetings at **7:15 am every Monday morning** throughout the season. This is for ALL volleyball athletes in our program. **These are MANDATORY!** Parents, if your daughter does not drive, and you are unable to get her there at this time please let me know ahead of time, so that we can arrange something for her to be here.

Sportsmanship: Parents/fans/spectators-please do not yell at the officials, coaches, other players, etc. Openly disrespecting others involved in the match (coaches, players, refs, etc.) makes Millsap Athletics and you look bad. So please always be respectful to the opponent, officials, coaches, and spectators.

To Our Lady Bulldog Parents: Parents, we LOVE your daughters! We devote our lives to growing these girls into respectable, successful, resilient young women. I along with my coaching staff want nothing more than for your daughter to enjoy the game, build relationships, and succeed in life through the lessons they learn as a student-athlete. Please trust us. Believe in us. Support us. Back us. The better our relationship is as parents to coach, the better our relationship will be with your daughter. They soak in everything you say which can be a good or bad thing. We understand you will not always agree with our coaching decisions and that is okay. What we ask is that you support us and then if you have an issue, please ask to set up a meeting.

- Please do not insult/degrade our coaching staff in the stands during a game or at any school event. Not only does this cause tension among the entire program and make Millsap ISD look bad, but it also makes you as an individual look bad. We understand everyone gets frustrated, but please think before you speak.

- Please be respectful of our coaching staff's personal time. If you have a concern or question, please wait until an appropriate time to contact that coach or set up a meeting with that coach THE NEXT DAY. DO NOT APPROACH A COACH AFTER A GAME! Calling/texting us late at night is not a good idea. We will not answer. We have families and personal lives as well so please respect our time. When contacting our coaching staff, please use either our school email or the Remind app BEFORE 8pm. We will not answer our personal cell phones unless it is an absolute emergency.
- Follow the chain of command. If your issue is with a JV coach, please do not speak to me or anyone else about it until you have discussed the issue with that coach. If your problem is with me, please come to me and we can discuss it at an appropriate time in a meeting. Please do not discuss issues with us through the Remind app. A **face-to-face meeting** is preferred so that we can have a quality, respectful discussion about your concern. My door is ALWAYS open to those who respect our program's policies.

***COVID-19 RULES/GUIDELINES*:**

- A COVID pre-screen must be filled out weekly before athletes can participate in any activities.
- Athletes will be required to bring your own water bottle for practice each day and games that a coach will refill. Please bring a large NON-DISPOSABLE bottle.
- Athletes will be required to wear a mask when congregating in the locker rooms, team meetings, and when waiting for practices/weight room sessions to begin. (Whenever not participating in physical activity)
- Hand sanitizer will be provided during water breaks/between drills/in the weight room.
- Volleyballs, nets, and other equipment used in practices will be sanitized daily.
- Face coverings do not have to be worn while exercising or competing on the court, in the match.
- Face coverings must be worn by all team personnel (coaches, managers, players not in the match) while on the bench.
- Face covering must be worn on the bus, unless drinking or eating food.
- Athletes are advised not to share food or drinks items
- PLEASE NOTE THAT EACH SCHOOL WE TRAVEL TO WILL HAVE THEIR OWN POLICIES IN PLACE FOR COVID-19. WE WILL DO OUR BEST TO LET YOU KNOW AS FAR IN ADVANCE AS POSSIBLE AS TO WHAT THOSE POLICIES WILL BE.

Parents, thank you again for all the time and dedication that you give to our program and for allowing us the opportunity to coach your daughters. We are extremely excited to get started and take this program to new and exciting heights! Although this season will look different from previous years, your flexibility and understanding will help make it successful, no matter how many changes we face! Let's all work together to make this season the BEST it can be!

CONTACT INFORMATION:

REMIND: HS Athletes- Text the number 81010 / Send the message @millsapv
HS Parents- Text the number 81010 / Send the message @millsapvp
JH Athletes/Parents- Text the number 81010 / Send the message @millsapjh

EMAIL: Kylie Serrato- kserrato@millsapisd.net / Victoria McCall- vmccall@millsapisd.net /
 Rebeka Sanchez- rsanchez@millsapisd.net / Gerri Lawyer- glawyer@millsapisd.net / Callie Hull- chull@millsapisd.net

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Volleyball Policy Agreement – (Must be returned by August 4th, 2020)

I, _____, the parent/guardian, and my child, _____, understand the rules and policies of the Millsap Volleyball program and agree to follow them throughout this 2020 season.

Parents/Guardian signature: _____ Date: _____

Athlete signature: _____ Date: _____



MILLSAP VOLLEYBALL



Lady Bulldog Guidelines, Rules, and Bus/Game Conduct

RESPECT: Always treat your coaches with the utmost respect. **RESPECT HAS BEEN AND ALWAYS WILL BE #1 IN MY EYES.** If a coach is speaking, stop what you are doing, eyes on her and no one else should be talking. If a question is asked, “Yes ma’am/no ma’am” is always the best response. Showing respect to your coaches will earn you the respect of your coaches in return.

EFFORT: If you expect to play, you must always give 110%! Be focused and dedicated to individual and team improvement! Do not walk, always hustle! Have integrity! Do not cheat reps! Work hard and be aggressive in every practice, in the weight room and in the games! **Remember, effort is a choice and you are ALWAYS in control of your choices!**

BE YOUR SISTERS’ KEEPER: Whether it be in practice, in games, in the locker rooms, in the weight room, team meals, on the bus, in school, outside of school, on social media, etc., you are all teammates, and that means we are all ONE! If you see a fellow teammate struggling, HELP HER! If a fellow teammate doesn’t understand or know something, TEACH HER! If you see that she is having a bad day, go talk to her and maybe try offering some encouraging words. No matter what grade level you are, team that you may be on, or what previous issues you may have had, I don’t care! You are all ONE now, so be there for each other on and off the court! My goal is to have a cohesive program, NOT a divided one. DO NOT patronize, belittle, make fun of, intentionally leave someone out, or talk bad about one another, etc.. **Drama and hatefulness are UNNECESSARY AND WILL NOT BE TOLERATED! If you cannot leave drama at the door, you will NOT be welcome in our program!** I am not asking you to be best friends with every girl in our program, but I am asking that you be a good teammate and a decent human being by treating your fellow sister with respect. Be your sisters’ keeper and be there for each other- No matter what! Our program will be much stronger because of it!

DON’T GIVE ME EXCUSES: If you are tired because you didn’t sleep, couldn’t find your shoes, forgot your socks, etc. I honestly don’t care. Don’t give me an excuse. Tell me it’s never going to happen again and make dang sure that it doesn’t! Pack three pairs of socks if you have to. **But do not, I repeat DO NOT, walk into our gym and tell me an excuse,** because you can expect to be running for it, or you can walk right back out that door and find someone one else to tell it to.

ALWAYS BE ON TIME: Athletes that are consistently tardy slow down the whole group. Encourage each other to be on time. For athletics, you have three minutes after the tardy bell to be on the floor or in the weight room ready to go. Do not stand in the hall after class talking to your boyfriend or friends. Get in the locker room and get dressed. **Athletes who are tardy will have punishment!**

NO PROFANITY: If at any time profanity is used in the presence of a coach or we are told about the use of profanity at school/games/school events, etc., there will be punishment for such actions. If music that is played in the gym/weight room has profanity, music privileges will be lost for the remainder of that practice.

BEFORE/AFTER PRACTICE: DO NOT GET A BALL OUT UNTIL THE NETS ARE UP! ALL players should help put up the net and take it down, get balls out, put balls up, EVEN VARSITY. After practice is over, NO ONE goes into the locker room before all balls and nets are put up. Any cones, dots, boxes, etc. that are used must also be returned to the appropriate spot before anyone goes into the locker room.

LOCKER ROOMS: The locker rooms are for athletics only. Do not keep school books or any other school related items in your athletic locker. The locker room will remain locked during the school day and you will not be allowed in it until athletics has begun. Don't bring your friends that are not in athletics into the locker room. Keep your valuables put away. Do not leave any food or drinks of any kind in the locker rooms. Do not leave the locker room a mess for someone else to clean up. **The locker rooms are a privilege and can be taken away at any time if you are not keeping them clean! *PLEASE SEE COVID-19 RULES/GUIDELINES FOR NEW LOCKER ROOM RULES***

JEWELRY: NO JEWELRY, in practice, the weight room, or games. (This includes ear piercings, nose rings, necklaces, rings, and bracelets) If jewelry is against UIL rules and regulations, it is against our rules as well. Get yourself in the habit of taking your jewelry off everyday. You will get ONE warning, after that, consequences will be enforced.

SPORTSMANSHIP: Sportsmanship is expected to be maintained on and off the floor. **YOUR CHARACTER AS AN ATHLETE SHOULD ALWAYS BE A PRIORITY!** Play aggressive but play with CLASS! Never question the referee unless the captain is instructed to do so by the coach. Never argue or curse at an opponent. Always appropriately shakes hands with your opponent. Never gripe at the linesman. Do not slap the floor, curse, roll your eyes, kick chairs, etc. Do not talk trash through the net to the opponent. *These actions could cost you end of the year school and district honors and also playing time/running consequences given the severity of your actions.*

GAMES:

- Aim to be in bed at a decent hour the night before a game (10:00 pm)
- **NO CELL PHONES AT GAMES!** Coaches will take up cell phones before team dinners for home games and will give them back once all games are over. (This is to prevent any distractions, unnecessary drama or a lack of focus, and to have time to bond as a team)
- Always be ready for your game 30 minutes before game time. If you are late to warm-up, you may lose your position for that game
- If you need to be taped, tell your coach at least 45 minutes before game time!
- During games, if you are not on the court playing, you are on the bench cheering! Being a good teammate and cheering for each other does not stop when you are on the bench!
- Teams should always sit together during games, not with your other friends or boyfriends, and support the Millsap team that is on the court playing! Only exception would be to go to the concession stand or for a bathroom break.
- Always conduct yourself like a lady on and off the court! That means while you are in the stands, at tournaments, or while at any other public place like restaurants. No matter where you go, you have the great responsibility of representing our program and our school.
- At Home Games, **YOU MUST STAY AND SUPPORT ALL TEAMS THAT ARE PLAYING!** NO ONE is allowed to leave until ALL games are over, everything is put away and a coach has dismissed you. If there is an emergency or a vital need for early dismissal you must let a coach know face to face before leaving.

ON THE BUS/AWAY GAMES:

- **ABSOLUTELY NO CELL PHONES ON THE BUS OR AT GAMES!** Coaches will take up cell phones before leaving for each game and will give them back to you when we arrive back in Millsap. Every parent is on Remind and can be contacted in case of emergency.
- A varsity player will be allowed to choose an APPROPRIATE playlist to listen to on bus trips on the bus speakers. No separate speakers will be used. If anything on the playlist is inappropriate, music privileges will be revoked for the remainder of the trip.
- **STAY IN YOUR SEAT AT ALL TIMES WHILE THE BUS IS MOVING!**
- ANY trash you bring on the bus, should be thrown away when you leave the bus. If you roll a window down, put it back up. If trash is left behind or a window is left down, there will be consequences.
- Varsity will have priority on seats. JV may be asked to double up. (Your time will come)
- Please keep your bags out of the aisle.
- **DO NOT spray anything while on the bus!**
- Upon arrival, the team that plays first, will be the team that exits the bus first.
- Never leave trash in visitor stands or in other opponents locker rooms. You should leave every place we go better than you found it!
- ***PLEASE SEE COVID-19 RULES/GUIDELINES FOR NEW BUS RULES***

CALLING LINES: All players are required to call lines throughout the season. Coaches will inform athletes about who is calling lines each night. During the game, always pay attention and call honestly. **DO NOT BE LATE TO THE GAME YOU ARE ASSIGNED TO!** Be at the scorer table early waiting on the refs...not the other way around.

TEAM CAPTAINS: Team captains will be decided by the players and the coaches. There will be 2 captains per team. Being a senior on Varsity or being the oldest on JV does not automatically make you the team captain. Once teams have been picked, each player on each team will fill out a "Team Captain Questionnaire" and a captain will be chosen based on the players' responses. Coaches will also collaborate and decide who we want the second captain on each team to be. Captain privileges can be revoked at any time during the season if one or both of the person/s chosen has violated team rules/guidelines or is not displaying leadership qualities.

GENERAL RULES FOR DISCIPLINE MATTERS:

Missed Practices: ALL CONDITIONING MUST BE RUN BEFORE ANY GAME IS PLAYED!

- **Makeup conditioning for EXCUSED practices:** Timed Half Ladder for each practice missed
- **Conditioning for UNEXCUSED practices:** Timed Full Ladder for each practice missed.
- **Tardy/Late:** First 5 minutes- 25 push ups for each minute late you are late..After 5 minutes- Towel Pushes for however many minutes late you are. Down & Back= 1
- **Profanity:** 25 push ups per letter of whatever curse word was said.
- **Jewelry:** 1 WARNING ONLY! 25 push ups if jewelry is worn again. Add 25 each time after.
- **Dress Code Violation:** 2 Gut Busters
- **Forget Practice Gear:** 2 Gut Busters per item
- **Forget Game Gear:** Loss of playing time AND 3 Gut Busters
- **Social Media Misconduct:** Meeting with Head Coach/GC/AD to discuss consequences
- **Any Act of Violence:** Meeting with Head Coach/GC/AD to discuss consequences
- **Any Other Discipline Matter:** Will be handled as coaches see fit

SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES:

Playing and competing for the Millsap Volleyball Program is a privilege. Student-athletes at Millsap are held in the highest regard and are seen as role models in the community. As leaders, you have the responsibility to portray your team, your school, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Facebook, Twitter, Instagram and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here in Millsap in one form or another.

Student-athletes should be aware that third parties - including the media, faculty, other parents, future employers and college coaches - could all easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the entire school. This can also be detrimental to a student-athlete's future employment options, whether in collegiate sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posts showing the personal use of alcohol, vaping, drugs and tobacco e.g.,
- Pictures, videos, comments or posts that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Photos, videos, comments or posts that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Photos, videos, comments or posts with any vulgarity or any vulgar language.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender).
- No posts, should depict or encourage unacceptable, violent or illegal activities from you the athlete (examples: hazing, sexual harassment/assault, gambling, use of weapons, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use). Whether it is your own post or someone else's post that you may have been tagged in, if you are found to be involved in any of the above scenarios, consequences will be enforced. You may not be able to control what other people post, but you are able to control your own behavior.

If a student-athlete's social media profile and its contents are found to be inappropriate in accordance with the above behaviors, she will be subject to a meeting with the Millsap Volleyball Head Coach and Girls Coordinator/ Athletic Director that could include but not limited to possible suspension from the Volleyball Program.

For your own safety, please keep the following recommendations in mind as you participate in social media websites: Set your security settings so that only your friends can view your profile. You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc. Be aware of who you add as a friend to your social media profiles – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the Millsap Athletic Department's and Millsap ISD. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or your school.

By signing below you affirm that you understand the Millsap Volleyball Program Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and you may be subject to additional penalties imposed by Millsap Volleyball Program. Our goal is to be proactive and prevent any problems from occurring in the use of social media. Thank you for your cooperation in this matter.

Printed Name: _____

Twitter Handle: _____

Instagram Username: _____

Signature: _____

Date: _____