

# 2020 Commerce Lady Tigers Volleyball

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## **Athletics/Extracurricular Requirement**

For a student-athlete to **participate** in **athletics**, they **must** be enrolled in the **Hybrid** plan. Again, you **cannot participate** in **athletics** or any **extracurricular activities** and do **remote learning**.

**Athletes must be present every day for the Athletic Period if they are in Athletics, whether it is an “Orange” or “Black” day.** The HS girls athletic period is 8th period (2:37 - 3:22), EVERY DAY.

## **COVID Guidelines and Procedures**

We will constantly align our guidelines and procedures with UIL, TEA and District policies as they continue to be fluid. We will do everything we can to keep your child safe and healthy.

**VOLLEYBALL TWO A DAY WORKOUTS BEGIN MONDAY, AUGUST 3RD.  
ANYONE WISHING TO PLAY MUST ATTEND THE TWO A DAY WORKOUTS.**

### **Important Upcoming dates:**

Monday, Aug 3rd: VB practice 9-12 and 2:30 - 5:00

Tuesday, Aug 4th: VB practice 9-12 and 2:30 - 5:00

Wednesday Aug 5th: VB practice 9-12 and 2:30 - 5:00

Thursday Aug 6th: VB practice 9-12 and 2:30 - 5:00

Friday Aug 7th: Scrimmage @ Commerce HS 4:00

Saturday Aug 8th: Scrimmage @ Commerce HS 10:00 am

Monday Aug 10: Practice 9-12

Tuesday Aug 11: SCHOOL STARTS Game at Caddo 2:00pm

**Volleyball practice times once school starts:** Monday 2:37 - 5:45  
Tuesday - Game Day  
Wednesday - 2:37 - 5:00  
Thursday 2:37 - 5:45  
Friday - Game Day

# ***Lady Tiger Volleyball Rules***

**Please sign and return last page**

- 1. Athletes must be on time. This means dressed, shoes on and ready to go when practice starts, not walking in the door at start time. There will be consequences for being late!**
- 2. A missed practice will be made up, no matter what the reason for missing is. If players miss practice the day before a game, they should not expect to start. It will be up to the coach whether or not they even play. If players must miss, please let us know ahead of time. It is the athlete's responsibility to notify their coaches.**
- 3. Athletic clothes are to be worn EVERY day! Athletes are responsible for having all their equipment for practices. Locks and lockers will be issued. Lockers are to be locked when athletes are not in the locker room. We will do daily locker checks. Coaches are NOT responsible for items lost or stolen. There will be consequences for those not complying. Shoes that are issued for a sport are only to be used during games and practice for that sport. They are not to be used for weight room and outdoor workouts. Athletes need to keep an extra pair of shoes in their locker for these uses.**
- 4. All workout clothes and personal items are to be kept in each athletes' locked locker. If items are left out, there will be consequences which could result in eventually losing the privilege of using issued equipment such as shoes, kneepads, etc.**
- 5. Away games: Athletes will only be allowed to leave with a parent after games. The parent must sign their daughter out before taking them so that we know exactly where everyone is. *Friday nights will be the exception.* There will be arrangements made and waivers signed for band members, cheerleaders, etc....so that they may get to football games in a timely manner. These waivers must be turned in 24 hours prior to the day of the game.**

6. We expect our athletes to be positive role models for our younger kids. Athletics is a privilege, not a right. Part of building a tradition is setting good examples. Lady Tigers are expected to conduct themselves in a respectful and appropriate manner on and off the court. The younger students/athletes look up to them.

7. **SOCIAL MEDIA BEHAVIOR:** Our expectations of our athletes being positive role models also applies to responsible social media activity. Negative comments toward classmates, teammates, teachers, or Commerce ISD will NOT be tolerated and will be met with consequences or possible removal from the team and/or Athletic Program.

8. **PARENTS:** If you have a concern, please follow the chain of command. Address your daughter's coach first in an appropriate manner. Do not approach a coach after a game. Set up an appointment to meet with them on their conference period, or when it is convenient for both parties. Addressing concerns on social media without speaking to coaches usually does not solve anything.

9. Grades and Citizenship will be checked every week. Athletes are responsible for taking care of business in the classroom. We don't ever want them to fall behind in their class work. Zeros will not be tolerated. We tell the athletes that if they need help let us know before getting behind.

10. Playing time is based on ability and team needs and will generally not be discussed. We will gladly discuss specific things players can do to improve. Seniority plays no part in playing time. The most important thing in building a team is getting everyone to understand their role and be the best at it that they can. Players must take pride in their role!

My child and I have read and understand the Commerce High School Lady Tiger Volleyball Rules. If we have any questions or concerns we will contact the High School Head Coach.  
(Shelley Jones)

Print Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please sign and return this page by August 7th, 2020