



# Del Rio High School Volleyball Handbook – Rules and Procedures



2021 – 2022

Dear Parent/Guardian and Athlete,

Welcome to the 2021 season!! **This handbook will be used in conjunction with the SFDR-CISD Athletic Department's Student Athlete and Parent Handbook.** Please read the additional rules and procedures concerning participation in the Del Rio Queens' Volleyball Athletic Program during this COVID-19 pandemic and return the last page of this handbook signed and dated by both parent/guardian and athlete.

## 1. School Attendance

- Showing up tardy to any class is unacceptable whether it be in-person or online.
- All athletes must be present and on time to school the entire day on the day of a match in order to be eligible to compete or travel.
- On game days, any athlete who is checked out from school due to an appointment, lunch, retrieval of items left at home, etc. will not be permitted to travel and/or participate in the scheduled match for that day.
- All athletes must be present and on time to school the entire day after a scheduled match in order to be eligible for consideration to play in the next match.
- Any athlete showing up tardy to their 1<sup>st</sup> or 5<sup>th</sup> period class and/or absent from school the day after a match will not be eligible to compete or travel in the next scheduled match.

## 2. Dress Code/Practice Attire

- Proper attire and grooming are essential for the safety and presentation of all athletes.
- Face masks are optional.
- All types of jewelry are prohibited and will not be allowed during all practices and competitions. This includes stud earrings. Jewelry worn on, but not limited to the following list, is prohibited for all athletes at all times: nose, cheek, lip, eyebrow, tongue, etc.
- No dyeing of hair with bright, distracting colors is permitted for athletes.
- Any and all tattoos will be covered up during practices, competitions, and travel.
- Athletes are not allowed to be on school premises, besides inside the gym, in only their spandex. The appropriate length of cover-ups must be worn when leaving the gym.
- Uniformity of practice attire is required.
- All athletes will adhere to the dress code in our SFDR-CISD Student Handbook.

## 3. Practices

- Face masks are optional before, during, and after practices.
- All practices are closed to the public/school employees and begin promptly at the designated time.
- UIL/CDC/SFDR-CISD protocols regarding sanitization and disinfecting surfaces and other objects will be followed before, during, and at the conclusion of each practice session.
- Athletes who become sick during practices – we will follow district protocols.
- Athletes are expected to be at all practices and team meetings.
- Attendance will be taken daily.
- It is the responsibility of the athlete to communicate foreseen absences to their coach.
- Showing up late to practice without a proper written excuse is unacceptable and subject to consequences.
- A note is required for all absences. Excused and unexcused absences from practices will be determined by the coaches.
- Two (2) unexcused absences will result in suspension of a match.
- Absences due to medical visits will be excused with a doctor's note.
- If an athlete is suspended from a match, an automatic challenge for playing time will occur. A replacement for the position will be determined by the coaches.

#### 4. Athletic Period

- Only with extenuating ACADEMIC circumstances will an athlete not be expected to be in the athletic period.

#### 5. Athletic Equipment

- All athletes will be issued practice, game, and travel attire.
- They will be responsible for returning the same equipment in at the end of our season.
- Any lost or damaged equipment must be paid for.
- Seniors who do not turn in assigned equipment will have their name turned in to the front office and have a “hold” placed for graduation.

#### 6. Dressing Rooms

- All athletes will have an assigned locker in the volleyball locker room and given the combination.
- They will be responsible for locking up all personal belongings.
- SFDR CISD, its staff, and the coaches will **NOT** be held liable for any lost, stolen, or damaged items.
- Proper behavior will always be expected in the locker room and no pictures or video recording will be allowed.

#### 7. Game Day

- Players are expected to be at all their respective matches and arrive at least 1 hour prior to game time.
- Players must travel to and from all matches with the team unless prior approval has been given from the head coach.
- Foreseen absences must be communicated with the head coach.
- Failure by the athlete to participate in and/or complete a match is unacceptable and unexcused. Exception: injury sustained before or during competition, exhibiting symptoms related to COVID-19, and/or family emergencies are excused.
- An unexcused match will result in suspension of the next match. Two (2) unexcused matches will result in dismissal from the program.
- Players are required to attend team meetings with their coach immediately after each match and prior to being dismissed.

#### 8. Playing Time

- At the Varsity level, playing time is **NOT** guaranteed nor required.
- Any amount of playing time will depend on the athlete’s position(s), team needs, ability, game score, sportsmanship, and knowledge of assignment.
- The head coach will substitute as the game situation dictates.
- Every athlete will answer to their coaches during matches.

#### 9. Senior Night/Parent Night

- Senior night is for the **recognition** of all seniors on the team. This does **not** mean that all seniors will play.

#### 10. Conferences

- Parents wishing to speak to their child’s respective coach must schedule a conference via email at:  
[eloisa.valdez@sldr-cisd.org](mailto:eloisa.valdez@sldr-cisd.org) (Varsity)  
[melenda.flores@sldr-cisd.org](mailto:melenda.flores@sldr-cisd.org) (JV)  
[miriam.trevino@sldr-cisd.org](mailto:miriam.trevino@sldr-cisd.org) (Freshman)
- Conferences will **NOT** be held to discuss playing time.
- Conferences will **NOT** be held before, during, or after a match.
- If you have a concern to discuss, please follow this procedure and the **Chain of Command**:
  - 1) Email your child’s respective coach to set up a conference and carbon copy the Head Coach  
-Not the Principal, Athletic Director, or Superintendent

- 2) Email the Head Coach (not the Principal, Athletic Director, or Superintendent) to set up a conference.
- 3) Head Coach Contacts the Athletic Director – for further discussion and/or a possible meeting if after meeting with the child's coach and head coach a satisfactory resolution was not obtained.

#### **11. Travel to and from Contests**

- Optional use of face masks while traveling to and from game sites.
- Assigned seating in the bus.
- The number of athletes traveling to out-of-town matches will be up to the discretion of the coach.
- While traveling and upon arriving at our destination, you will conduct yourself in a respectful, confident, and courteous manner. You are representing not only yourself, but your family, city, school, teammates, and coaches.
- No athlete shall participate in, nor encourage, any horse playing, running, jumping, standing, etc. while on the bus and while it's in motion.
- If an athlete is returning home with their respective parent(s), a Student Athlete Release Form must be filled out, signed, and turned in to Coach Fernandez-Contreras one (1) day prior to out-of-town match. Phone calls will not be accepted.
- Student Athlete Release Forms will **NOT** be accepted at game sites.
- Athletes can bring electronic devices on our trips but understand that they are brought at their own risk.
- SFDR-CISD, its staff, and coaches will **NOT** be held liable for any lost, stolen, or damaged items. You must always keep your items safe and in your possession.

#### **12. Travel Attire**

- On game days, it is expected for every athlete to dress uniformly.
- All athletes will always follow the dress code in the SFDR-CISD student handbook.

#### **13. Sharing of Athletes (School Related)**

- Any athlete who chooses to participate in another UIL sport during the volleyball season, such as Cross Country or Tennis, must be able to appropriately balance the time between the sports and stay in constant contact with the Head Coaches of each sport.
- Athletes are **NOT** allowed to try-out for their next UIL sport while in volleyball season.
- Athletes are released to participate in their next UIL sport at the conclusion of our season only when all issued equipment has been turned in.
- If an athlete quits the volleyball team, they will not be allowed to start their next UIL sport until the volleyball season is complete.

#### **14. Sharing of Athletes (Non-School Related)**

- Our season began on Monday, August 2, 2021. We require complete dedication to our program beginning at that time, throughout, and until our final match is completed.
- School-sponsored sports take precedence over non-school-sponsored club/travel/city sports.
- No athlete shall practice or play in any non-school-sponsored club/travel/city sports, including those in other countries, throughout the season.
- Failing to follow this expectation will result in suspension or dismissal from our volleyball program.

#### **15. Eligibility**

- Our athletes are students first. They are always expected to pass all their classes and communicate with their teachers.
- Students who become ineligible due to failing grades will still be expected to practice with the team.
- Ineligible students are prohibited from traveling and associating with the team during contests.
- Ineligible students cannot be a part of any school related activities but can have their names announced.
- If an athlete does not continue to practice with the team, she will be dismissed from the team.

**16. COVID-19 Related Rules and Regulations Regarding Athletics**

- We will abide by any rules and/or regulations set forth by SFDR-CISD and/or the Athletic Department related to COVID-19 and its' Variant.

**DRHS Queens Volleyball Handbook: Rules and Procedures Acknowledgement Form**

Being a member of the DRHS Queens Volleyball Program is a privilege. As with any privilege, there must be standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of our program. Every athlete in our program will be held to a higher standard. It is imperative and of utmost importance that these rules and procedures are followed.

Our DRHS Queens Volleyball Handbook will be used in conjunction with the SFDR-CISD Athletic Department's Student Athlete and Parent Handbook.

I have read and agree to the above rules and procedures that will be used in conjunction with the SFDR-CISD Athletic Department's Student Athlete and Parent Handbook in order to be a member of the DRHS Volleyball Program. I understand that by not following the rules and procedures of these handbooks, I may be subject to automatic removal from the DRHS Volleyball Program.

Athlete's Name (Print): \_\_\_\_\_ ID #: \_\_\_\_\_ Grade: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (Print): \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents, your signature below also indicates that you will abide by all the rules set forth by the Athletic Departments of SFDR-CISD, Laredo ISD, United ISD, Eagle Pass ISD, and any ISD when visiting as a spectator to their respective athletic events during the 2021 Volleyball Season.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_