

GCS Volleyball Contract

Athlete:

This _____ Volleyball season we will experience the love of the game, excitement, camaraderie, and some challenges. Your coaches are here to teach you, encourage you, and help you through challenges. As the volleyball season commences, is played through, and eventually ends we, your coaches, will be praying for you to grow stronger in the Lord and fellowship with one another, overcome the challenges you face as a team and an individual, and that you will enjoy this _____ volleyball season.

Our team philosophy: To do the best we can do, work as a team, and do all for the glory of the Lord; letting Him determine our steps. (Proverbs 16:9)

Team Bible Verse: “but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him *be* the glory both now and forever. Amen.” -2 Peter 3:18

Teammates matter: A team is not an individual, but a group of individuals working as one.

Your Coach: Mrs. LePage

As the volleyball coaches this _____ volleyball season we are committed to the team, teaching the skills of volleyball, and having fun playing the game.

Our attitudes: We should try to keep a positive attitude.

*“Ability is what you’re capable of doing,
Motivation determines what you do,
Attitude determines how well you do it.” – Lou Holtz*

“Humility is not thinking less of yourself, but thinking of your self less.” -C.S. Lewis

I, _____, have read through all of the required rules, and read the above statements with my parents and at least one of my coaches. I agree to uphold the standards of GCS to the best of my ability, and acknowledge that with my signature I am committed to the volleyball team for the _____ season.

Athlete’s Signature _____ Date _____

As the parent(s) of _____, I agree to help my child uphold the standards of GCS. I have read through all the required rules, statements, and acknowledge that with my signature I am committed to helping my child in whatever way I am able to this volleyball season.

Parent’s Signature _____ Date _____

Volleyball

To the athlete and parent(s):

Being a member of an athletic team is the fulfillment of an early ambition of many students. We desire to win, but only with honor to our Lord, our school, and our families. When playing on a GCS team, we assume you understand our philosophy of athletics and are willing to accept the responsibilities that go with playing.

- ✠ Responsibilities to the Lord: As a Christian, everything you do is a witness for the Lord. People will not only view your performance as a player, but will view your performance as a Christian, both on and off the field. (Matt. 5:16)
- ✠ Responsibilities to your-self: The responsibility to broaden yourself and develop strength of character is very important. You owe it to yourself to get the greatest possible good from your school experiences. Your participation in athletics, extracurricular activities, and academic studies all prepare you for life as an adult.
- ✠ Responsibilities to your school: By participating in your sport to the maximum of your ability, you are contributing to the positive reputation of our school. The student body, our opponents, the spectators, and others, judge our school by your attitude, conduct, and effort on and off the field/court. (2 Cor. 4:1-2)
- ✠ Responsibilities to others: As a GCS athlete, you are responsible to your family, your teammates, and your classmates to live up to the training rules, to practice to the best of your ability, and give your all in every game.

Character Qualities:

- ✠ Dependability- *Be at all the practices and games, unless excused by your coach. Do what is expected of you in all situations. Remember communication is key.*
- ✠ Punctuality- *Be on time; never be late.*
- ✠ Enthusiasm- *Take an interest in every part of your sport and be glad to quickly carry out every part of the job. (1 Thess. 5:16)*
- ✠ Faith- *Show that you know that the Lord is in control of all circumstances and that He is carrying out His will in your life. (Hebrews 11:1)*
- ✠ Humility- *Show the attitude that God is the one responsible for your abilities, talents, and success. (1 Peter 5:5)*
- ✠ Endurance- *You must be able to withstand stress, hard work, and the problems that all athletes experience. (Galatians 6:9)*
- ✠ Obedience- *Be obedient and responsible to those in authority over you: the Lord, your parents, teachers, and coaches. (2 Cor. 10:5)*

- ☞ Diligence- *Use all of your strength and ability to complete each part of your task whether in practice or a game. (Col. 3:23)*
- ☞ Determination- *Make up your mind that you will accomplish your goals regardless of the opposition. (2 Tim. 4:7)*
- ☞ Confidence- *A good athlete should show that he/she can be a winner in God's eyes as he/she totally gives all he/she has to Jesus, and shows good sportsmanship.*
- ☞ Love- *Be self-sacrificing and show real concern for team members, coaches, and opponents. Remember, Christ centered His love upon others, not Himself. (John 3:16)*

Rules:

1. If an athlete has three or more demerits anytime during the season, the player will not be allowed to practice or participate in games until all demerits are worked off.
2. A player who is absent one-half day or more may not participate in a game that day. A half day is defined as a student being in school until 11:15 or from 11:15 until the end of the school day.
3. If you do not participate in gym class you will not be allowed to practice or participate in games during that time.
4. All athletes must have a physical every year in order to participate in sports.
5. Players must pay the \$50.00 sports fee to play in games.
6. If a player is unable to make practice or a game she/he needs to inform his/her coach as early as possible.
7. When being dismissed early to attend away games students are responsible for making up any missed work.

Dress Code: Athletes must follow the school dress code as outlined in the Student Handbook.

Shirts: no low cut, must have sleeves, not tight, no see-through

Shorts: must be mid-thigh or longer, not tight

Shoes: must have traction, no skater shoes

If any questionable apparel is worn, this rule will follow the coach's discretion and the student may be asked to change.

Uniforms: Each player will be given a uniform and kneepads at the beginning of the season. These must be returned at the conclusion of the season. If any property is lost or stolen, the player will be charged the replacement cost.

Uniforms are to be returned by _____ or the player(s) will be charged a **\$30 fee**.