

# ***IRONWOOD RIDGE VOLLEYBALL***

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## **IRVB STUDENT-ATHLETE AGREEMENT**

We understand where to obtain a digital copy of the *Volleyball Player/Parent Handbook* and will abide by the policies set forth by the Ironwood Ridge Volleyball Program and the Athletic Department.

### **Commitment**

I understand that volleyball must be made a priority during the competitive season (August-November).

I understand that my commitment to the volleyball program requires attendance at all practices, matches, tournaments, team meetings and team functions. This will include practices/matches during school holidays and intersession. Unexcused absences will result in a suspension from matches.

I understand that my primary responsibility as a student-athlete will be my academics and that I must maintain an acceptable GPA to be eligible for competitions. I further understand that the volleyball program insists on a minimum 3.0 GPA and that grades will be checked (including off-season).

I further understand that I will be accountable for improving my skills and conditioning during the volleyball off-season (February-July). I further understand that there will be out-of-season opportunities organized by the volleyball program for me to participate in order to prepare for the following season.

### **Teamwork**

I will be supportive of my teammates, coaches, administration, and parents.

I understand my role on the team and within the volleyball program. I will accept my role and fulfill all obligations and responsibilities of such role to the best of my ability.

I will play for my teammates and coaches.

### **Pride**

I understand that I am a visible representative of the Ironwood Ridge Volleyball program and Ironwood Ridge High School – and as such, I will at all times present a positive image of myself, my school and my volleyball program. *I further understand that this expectation extends into the off-season as well.*

### **Athlete Training Standard**

I understand that I must stay in top physical shape during the volleyball season – paying close attention to my nutrition, conditioning, rest, and utilizing the Athletic Trainer for preventive care (ice, tape, etc.)

I understand that smoking and use of alcohol or drugs are unacceptable. Any use thereof will result in immediate suspension and probable dismissal from the team as well as any other discipline imposed by the administration of Ironwood Ridge High School and/or the Amphitheater School District.

I also understand that my presence in any situation where underage drinking and/or use of any controlled substances is present will compromise the integrity of my commitment to the volleyball program and could result in immediate suspension and possible dismissal from the team.

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*Signed (Student-Athlete)*

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*Date*

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*Signed Witness (Parent of Student-Athlete)*

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*Date*