

Tremont Turks Player Responsibilities - Volleyball

Daily responsibilities

1. Be on time to every class, meeting, bus departure, and game.
2. Be in the best physical condition you can be in.
3. Manage your time wisely.
4. Take good care of yourself.
5. Make responsible decisions.
6. Always be positive toward your teammates.
7. Represent yourself and your school in a positive light at all times.
8. Learn to take coaches comments and decisions in a constructive way.
9. Accept criticisms in a positive manner especially from your teammates.
10. Have a goal of the day, every day to help keep yourself focused.
11. Always look the coach in the eye and listen to what they are saying.

Practice/Game Responsibilities

12. Use athletics as a release from the stresses of the day, not the cause of your daily stress.
13. Work together as a team and not an individual.
14. Your attitude on and off the court affects others around you-make it a positive one.
15. Compliment one another and pick each other up-it will go a long way.
16. Earn your playing time. Don't expect it.
17. Do whatever it takes to make the commitment to be at every practice and game.
18. Bring your best to the floor every game, both physically and mentally.
19. If you are sick or injured, you must find your coach before you leave the building and let them know. A note will not be acceptable.
20. If you are going to miss a practice or a game be prepared to accept the consequences..
21. When you are not in the game and on the bench, be an active participant and always be ready to enter the game if called upon.