

Player Name: _____ Team: _____ Season: _____



**EAST FORSYTH
HIGH SCHOOL
VOLLEYBALL**

**East Forsyth High School Volleyball Program
Handbook, Financial Agreement, and Code of Conduct Contracts**

Player Name: _____ Team: _____ Season: _____

East Forsyth High School Volleyball Program

& Volleyball Feeder Program Handbook

East Forsyth High School Volleyball Program is committed to all of its players exercising good sportsmanship at all times. Our program philosophy is that our athletes should represent themselves, their family, their team, and our organization in a positive and respectful manner. In order to represent our athlete's commitment, we have developed the following Handbook for our players (and parents) based on our team mantras.

Our Mantras – this is what we believe

- Character- your character matters here
- Adapt – find a way to reinvent yourself
- Purpose – ask “why?”
- Responsibility – leaders create leaders
- Learn – mindset matters
- No Bad Apples
- Expectations – Embrace Reality
- Train to win – accelerate your learning process
- Stay in the Light – control your attention
- Know Thyself – keep it real
- Sacrifice – what are you willing to give up?
- Be a Good Ancestor – plant a tree you will never see
- Legacy – Write Your Legacy

Program Expectations

1. As a member of the East Forsyth Volleyball Program, players understand that they represent more than themselves as individuals. Actions taken by our players, either positive or negative, represent their volleyball team, the volleyball program, and East Forsyth High School.
2. Parents and Players understand that you are paying for the volleyball season which includes training, instruction, and practice time – you are NOT paying for playing time in matches. Players will earn their right to play in matches by how hard they work and perform at practice. The choice of who and when to play IS a coaching staff decision and you will not interfere with that decision-making process.
3. The coaching staff will provide feedback regarding player performance in practice & matches, whether it is skills, volleyball IQ, mental approach, etc. Feedback is meant to support players adapting, it is not a personal attack. Receiving and processing feedback is an important component to growth as an athlete.
4. Communication will be done primarily via the GroupMe App. Coach to Player communication will go through GroupMe and is the player's responsibility to be aware of changes and to update her parents accordingly. Coach/Volleyball Board communication with parents will also go through GroupMe as important information will be shared via the app. Emails will not always be sent. It is the parent's responsibility to ensure they are active on the App to receive such communication. Coach James and/or a Volleyball Board Member (per Coach James Request) may request any communication to be removed from the GroupMe App, such communication must be done so in a prompt manner.

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5. The coaching staff is here for the players and our door is always open for players. If a player has a question regarding playing time or role on the team, she must be the one to initiate and speak to the coach(es). The coaching staff will be proactive during the tryout process regarding player's anticipated role with their respected team. However, be aware that a player's role on the team can change, due to a variety of factors, including not adhering to our mantras, performance and/or attitude.
6. Situations regarding concerns about playing time, issues about the season, etc. should first be communicated from the player directly to Coach. If the situation is not amicably resolved to all parties' agreement, Parent and the Player may request via writing to have a meeting to discuss the situation with Head Coach Chris James. If a situation is escalated further, the East Forsyth HS Athletic Director and/or Principal may be included in future meetings. The final decision related to a resolution will be determined by Head Coach Chris James and/or East Forsyth HS Athletic Director and/or East Forsyth HS Principal.
7. The coaching staff will not engage with parents who interrupt practice or matches to discuss playing time or player roles on the team. Parents are free to watch practice, but distracting players during practice will hurt their development. In addition, the staff will not respond to emails from parents requesting information about their daughter and asking the staff member to not tell the player. We want to build a relationship of trust with our players, we cannot do this if we are asked to keep secrets.
8. Parents, players, and coaching staff understand verbal and nonverbal communication towards members of the program makes an impact on the trust building process & the success of the program. The goal of the program is supporting the development of our players, both on and off the court. We all have different approaches to communication, but we should all have the same goal of developing our players. We will provide an environment for our players to grow their toughness, resiliency, adaption, communication skills, to name a few.
9. If a situation arises during a practice, game, and/or tournament; all communication should be brought forth to the Head Coach after 24 hours, not during the volleyball event.
10. Respect the game, which includes teammates, coaching staff, fans, officials, administration, opposing teams, etc.; yelling derogatory statements, hand signals, or any inappropriate behavior will not be tolerated.
11. Skipping class is not acceptable, and neither will a consistent pattern of absences or tardiness. Get to class on time and stay in class.
12. Players are expected to maintain their grades in the classroom and fully participate in all volleyball activities. Part of being an athlete is learning the life skill of juggling multiple roles in your life and maintaining a high level of success in all those roles.
13. Players are expected to act in a mature manner, assist with team chemistry and positive problem-solving techniques to avoid any drama or unnecessary team turmoil.
14. Players are responsible for their actions on all social media outlets. A player's actions on social media that reflect poorly on their teammates or the program, does not possess the character to be a member of this program. We believe in discussing our conflicts in a productive manner, not through social media.
15. Be on time. This is the simplest thing you can do to show your teammates you want to get to work. If practice starts at 4:00 pm, players need to be dressed for practice and net up by 3:59 pm, ready to get to work.
16. Practice is vital to our success, be at practice. Missing practice can impact your playing time. Beginning July 28, 2025, practice is mandatory. Players can be excused from practice for certain school activities, SAT/ACT, family emergencies, and/or sickness.
17. Players (not the parents) are responsible for letting the coach know they will not be present for any volleyball-related activity. Any missed practices/games should be communicated at least 24 hours prior.

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18. Players will not transport, possess, or drink any alcohol, tobacco products, or inhalants, nor take any illegal drugs of any kind.
 - a. 1st offense – players will be suspended for half of the remaining matches or dismissed from the program at Coach James’ discretion.
 - b. 2nd offense – players will be removed from the program
19. Players are to meet all GHSA requirements, including a valid physical. Players will not participate if they have not completed their physical and Dragonfly Max requirements. Players must have a physical on file that is valid until November 1st of the current school year.

** Please note this list is not exhaustive. Our team leadership group developed these mantras, so if a player and/or parent’s action(s) do not align with these mantras (and expectations), players could serve suspensions and/or be asked to leave the program.

Parent Conduct

Parent conduct at any East Forsyth High School Volleyball function must adhere to the same standards as players. Those in violation may be asked to leave the function and possible removal from any future activities and/or player removal from the team. See Parent Code of Conduct for Clarification

GHSA Sportsmanship Statement

“The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA-sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today’s event.”

Dr. Robin Hines
Executive Director of Georgia High School Association

Georgia High School Association: Constitution & By Laws 2021-2022:

<https://tinyurl.com/GSHAConstitutionByLaws>

East Forsyth High School Student Handbook: <https://tinyurl.com/EFHSStudentHandbook>

Forsyth County Student Code of Conduct: <https://tinyurl.com/FosythCtyCodeofConduct>

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East Forsyth High School Volleyball Program

Financial Agreement

I agree to participate with the East Forsyth High School Volleyball Program during the 2025 season. The Player and Parent agree to pay the associated player dues per player to East Forsyth High School Volleyball Booster Club upon acceptance of their team placement to hold their roster spot for the 2025 volleyball season. The Player and Parent also understand that the player dues are nonrefundable should the player or parent change their mind and opt not to participate in the program. East Forsyth High School Volleyball Program guarantees a roster spot to the Player and Parent for the 2024 season.

The Player and Parent understand and agree to pay the total amount per player for team dues according to the team the player is assigned to.

Assigned Team: Varsity/JV/9th Grade Total Fees Due: \$850

***There is no discount for multiple players from one family. Each athlete must have their own contract and payment submitted*.**

PAYMENT Options: (Parents, please initial which option you would like to choose.)

There will be a 3.5% transaction fee added to any payment paid via credit/debit card.

- _____ 1. Full Payment at Commitment Night (cash, check, money order, Venmo, and/or Credit/Debit Card)
- _____ 2. Payment Plan – **Postdated checks required to be provided at Commitment Night (5/13) for the payment plan**
 - a. \$150 – May 13, 2025
 - b. \$350 – June 27, 2025
 - c. \$350 – July 25, 2025
- _____ 3. Fundraising – **Postdated checks required to be provided at Commitment Night (5/13) for the fundraising plan**
 - a. \$150 payment – May 13, 2025
 - b. \$350 in fundraising or check is cashed – June 27, 2025
 - c. \$350 in fundraising or check is cashed – July 25, 2025

➤ Board Member Acknowledgement of the payment plan chosen and payment(s) received:
SIGNATURE: _____ Date: _____

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- Players will not receive their player pack until full payment has been made or other arrangements have been made with the Head Coach or Booster Club.
- Parent and Player agree to pay the **FULL TOTAL** of the fees due on time as laid out in the payment agreement. The player and Parent understand that all payments must be received by EFHS Volleyball Booster Club on the agreed-upon date for the payment to be considered on time. The player and Parent understand there is a \$25.00 late fee for any and all monies collected after the agreed-upon date.
 - If other arrangements are needed due to financial hard times, the Parent and Player must communicate accordingly with the Head Coach or a Member of the Board prior to commitment night. Arrangements must be made no later than commitment night with specific details confirmed and agreed upon by Head Coach and the Volleyball Board. Failure to communicate with the coach or a board member regarding non-payment may result in players not being able to participate.
- Parent and Player understand that there are no refunds of any monies paid once a player accepts a spot on a team for any reason up to and inclusive of injury, mental health, and family relocation.
- Parent and Player understand that monies paid to EFHS Volleyball Program do not guarantee any particular amount of playing time, positions within a team lineup, leadership roles, or duties.
- Player and Parent understand that monies paid to participate in EFHS Volleyball constitute a commitment to the team. In rare events, some players may be moved to other teams for competition purposes. The Parent and Player agree that they are responsible for their signed and agreed-upon team fees regardless of the team they compete on for any given event.

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- Parent and Player understand that all team fees are to be paid by cash/check/money order/Credit or Debit Card/Venmo (made payable to East Forsyth High School Volleyball Program). Parent and Player understand that any and all fees associated with NSF/Declined Credit or Debit or Venmo/Returned checks are the direct responsibility of the Parent and Player.

Furthermore, Parent and Player agree that East Forsyth High School Volleyball is providing a service, rather than a product, and therefore waives the right to dispute any payment for services made via check, cash, Venmo, credit/debit card, and/or money order to East Forsyth High School Volleyball Program.

Parent and Player understand that the following items are INCLUSIVE of their East Forsyth High School Volleyball Fees:

- Uniform Jersey
- Player Package (subject to change):
 - 2 Practice Shirts
 - 1 Warm Up Long Sleeve Shirt
 - 1 Sweatshirt
 - 1 Spandex Short
- Tournament Fees
- Coaching Fees
- Practice Court Fees
- Equipment Fees
- Administrative Fees, including Board Expenses for items including filing fees & website administration
- Program Awards
- Coaches Travel, per diem and expenses
- Player Travel to and from matches **does not apply to Feeder Program

Parent and Player understand that the following are NOT INCLUDED of their East Forsyth High School Volleyball Fees:

- Knee pads, extra navy spandex shorts, volleyball shoes, backpack, and/or additional sports gear (additional items may be purchased through clothing vendor if preferred at commitment night)
- Player & Parent travel expenses associated with tournaments (hotel lodging, airfare, fuel, food, etc.) ***If required
- Travel to and from Practices

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**Parent and Player further agree to read, participate, attend, and sign accordingly
ALL of the following:**

- East Forsyth High School Volleyball Program Handbook
- East Forsyth High School Volleyball Parent & Player Financial Agreement Contract
- East Forsyth High School Volleyball Player Code of Conduct
- East Forsyth High School Volleyball Parent Code of Conduct
- East Forsyth High School Volleyball all required documents required by GHSA.
- All Team Events including but not limited to the Player/Parent Meeting, all practices and tournaments, and all team meetings.

ACKNOWLEDGEMENT

Player and Parent understand that by signing this contract, the player is to participate with East Forsyth High School Volleyball Program for the 2025 season and that EFHS Volleyball guarantees a roster spot to the Player and Parent for the 2025 season.

I have read and agree to the conditions set forth above by East Forsyth High School Volleyball Program.

Printed Player Name: _____

Player Signature: _____

Date Signed: _____

Printed Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date Signed: _____

Player Name: _____ Team: _____ Season: _____

Player Code of Conduct Contract

East Forsyth High School Volleyball - 2025 Season

I, _____, while a player on the East Forsyth High School volleyball team promises to abide by the following:

1. Attend all practices, meetings, and games faithfully and on time.
2. Contact my head coach **PERSONALLY** before practice if I must miss. Any missed practices/games should be communicated at least 24 hours prior.
3. You are responsible for your schedule. Please pay attention to any changes to the schedule that will be communicated to you and be sure to let your parents know (especially if they are your transportation)! You are in high school now, and the responsibility for your schedule is now on you
4. Be on time for all practices, meetings, and games.
5. Attend school daily and do not be tardy to class.
6. Maintain good academic standing.
7. Be well-mannered and respectful, on campus, at games, and in the community.
8. Treat all teachers, administrators, coaches, officials, spectators, and other players with respect and courtesy.
9. Always exhibit good sportsmanship and leadership on and off the court.
10. Be a team player and be willing to learn new things.
11. Refrain from using drugs, alcohol, tobacco products, and inhalants.
12. Return or replace any equipment or uniform issued to me at the end of the season. If I don't, I will need to make a payment to replace the cost of those items.
13. Follow all reasonable requests made by the coaches, especially involving practice, fitness, rest, and competition.
14. Report any personal injury/illness to the athletic trainer and coach immediately. I am still expected to attend both practices and games, depending on the circumstances of the injury/illness.
15. Adhere to our team mantras, player expectations, and be a good teammate.

Consequences of violating the Player Code of Conduct Contract: Violation of any of the above said rules, depending on the severity, will result in consequences deemed appropriate for the situation and will be handled by your head coach.

I have read the East Forsyth High School Volleyball Player Code of Conduct Contract, and understand that I have responsibilities and expectations that I must meet if I want to be a member of this program. By signing this contract you are committing yourself to the following guidelines.

Athlete's Signature _____ Date: _____

Parent/Guardian Acknowledgement of Athlete Signing Contract:

Printed Parent/Guardian Name: _____

Parent/Guardian's Signature: _____ Date: _____

Player Name: _____ Team: _____ Season: _____

Parent Code of Conduct

East Forsyth High School Volleyball Program - 2025 Season

Our parents are a vital part of our program and their assistance throughout the year is essential to our success. Having parents that can volunteer with match responsibilities, fundraisers, meal preparation, and service, just to name a few; allows our coaches to focus on coaching your daughters and preparing for a winning season. We expect a lot from our parents. Below are some specific ways in which we expect ALL EFHS Volleyball Parents to conduct themselves:

1. We understand that we are paying for the volleyball season which includes training, instruction & practice time – we are NOT paying for playing time in matches. Players will earn the right to play in matches on how hard they work and perform at practice. The choice of who and when to play IS a coaching staff decision and we will not interfere with that decision-making process.
2. Communication will occur as follows:
 - a. Coach to Player thru the GroupMe app: All schedule changes (cancellations, additions, changes of time) will be communicated to the players at practice or thru the app. **IT IS THE PLAYER'S RESPONSIBILITY TO BE AWARE OF CHANGES AND UPDATE HER PARENTS/GUARDIANS.** These are high school players who need to take responsibility for their schedules. Please allow them to take on this responsibility.
 - b. Coach/VB Board to Parent thru the GroupMe app: It is each parent's responsibility to add themselves to the appropriate GroupMe group (team of your child). There will be important information shared on this app throughout the season, and emails will not always be sent. Please ensure you are on the app!
 - c. Coach James may request at any time that communications made on the GroupMe app be removed. Consequences for failing to comply with the request could include your daughter not being able to participate in all volleyball related activities.
3. If we (parents or daughter) have questions/concerns about our daughter's playing time we will abide by this procedure:
 - a. Player will discuss her playing time with her coach **FIRST**.
 - b. If satisfaction is still not reached after this meeting, parents and players can request a meeting with the coach. For every meeting with a parent regarding playing time, the player must be present for the meeting. If the player is on either the JV or 9th Grade team, Coach James reserves the right to participate in the meeting.
 - c. Understand that interrupting a team practice or match will impact your daughter's participation with the program.
4. We will pay the booster club fees (player fees) on time. Booster fees are expected by the deadlines listed below. If unable to meet the deadline(s), parents can either communicate with the Board President or Coach James regarding the matter and arrangements can be made.
 - a. Deposit for \$150 – May 13, 2025
 - b. Payment #1 – June 27, 2025
 - c. Payment #2 – July 25, 2025
5. We understand players can make a full payment May 13, 2025, at commitment night or volunteer for the payment/fundraising schedule above. If families choose the payment schedule, they must provide postdated checks for the payment dates. The booster club agrees to hold the check until the payment date, when it will be cashed on behalf of the players payment. A check will be returned if the player meets fundraising amounts to cover the payment.
6. We will conduct ourselves in a proper manner by:
 - a. Supporting our team during the games and NOT harassing, embarrassing, or criticizing other players, teams, officials, or coaches.
 - b. Realizing that coaching is a difficult job, and all decisions are not popular. Although we may disagree with a decision, we will respect the coach's authority to make it and support them.
 - c. Overall, take pride in our program and REPRESENT the program accordingly.

Player Name: _____ Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____