CLEMSON VOLLEYBALL
2019 - 20 TEAM MANUAL
What is CHAMPIONSHIP BEHAVIOR?

Championship Behavior is the range of actions and mannerisms of behaving like a winner. It is taking personal responsibility for one’s own actions both on and off the court. Becoming the BEST Person, Teammate, Student, and volleyball player one can be.
CHAMPIONSHIP BEHAVIOR

- **Self-Confidence**: A feeling of trust in one’s abilities, qualities, and judgement.
- **Embrace**: A group of individuals coming together despite each-others differences to accomplish a common goal.
- **Humble**: Having or showing a modest of low estimate of one’s own importance.
- **Character**: Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others “THINK" you are.
- **Dependable**: Able to be trusted to do or provide what is needed: able to be depended on.
- **Trust**: Assured reliance on the character, ability, strength, or truth of someone or something. One in which confidence is placed. In order to be a GREAT team TRUST must be the base of our foundation.
- **Communication**: Information transmitted or conveyed from person to person by a verbal or written message.
- **Honesty**: Free of deceit and untruthfulness; sincere.
- **Loyalty**: The quality of being loyal to someone or something. The state or quality of being loyal; faithfulness to commitments or obligations.
- **Supportive**: Providing encouragement and/or emotional help.
- **Appreciation**: The recognition and enjoyment of the good qualities of someone or something.
- **Service**: The action of helping or doing work for someone.
- **Passionate**: Showing or caused by strong feelings or a strong belief.
- **Performance**: Mental/Physical focus to achieve.

Championship Behavior: The range of actions and mannerisms of behaving like a winner. It is taking personal responsibility for one’s own actions both on and off the court. Becoming the BEST student, teammate, and volleyball player one can be.

- **CHAMPIONSHIP BEHAVIOR**
The Tiger Rule

If your decision reflects well on every member of your team, staff, support staff, and your family, then it is a good decision. This rule applies to every area of your life as a Clemson volleyball student-athlete. Make everyone around you PROUD of WHO you are not just what you do.
GENERAL Clemson Volleyball RULES

1. All players will participate in any clinics, demonstrations, promotional efforts and appearances arranged by the Coaching Staff within the parameters of the time management program.

2. All players will participate in mandatory conditioning and weight training, both in season and out of season during approved time management plan.

3. All players will be expected to operate on the honor code and be honest and open with the coaching staff.
   Honor Code: is a set of rules or ethical principles governing a community based on ideals that define what constitutes honorable behavior within that team. The use of an honor code depends on the notion that people (at least within the team) can be trusted to act honorably. Those who are in violation of the honor code can be subject to various sanctions, including expulsion from the team.

4. Violating any University rules, dormitory rules, NCAA rules, or any of the practice rules, competition rules, general rules or becoming academically ineligible could lead to suspension, dismissal from the team, and loss of scholarship award.

5. You will be required to follow through immediately with all assignments and requests from support personnel involved with the volleyball program:
   a. Following weight training and conditioning program, notifying strength coach and getting permission for any adjustments in assignments or schedule.
   b. Responding IMMEDIATELY to any communication from athletic administrators.
   c. Following all requests and mandates from the Academic Advisors office.
   d. Following through on all physical therapy assignments, doctors’ appointments, etc. as appointed by our athletic trainer.
   *Failure to follow through with any of these assignments will be considered a violation of team rules.

6. Contacting Coaches: All players are welcome and encouraged to stop into the office at any time for any reason. Generally, we will stop whatever we are doing and be able to talk with you, answer questions, or address any need at the time you come by. Stopping in for no reason at all is encouraged as well. Any player is permitted to call any coach at any time of the day or night if you have a problem. If you are in trouble or in a potentially uncomfortable situation (including the middle of the night), you are welcome to call the coaches who will do whatever is necessary to help you.

7. By the NCAA rule guidelines, you are not permitted to compete in organized doubles, triples, or sixes tournament, inside or outside, during the academic year. You are permitted to play unofficial tournaments and pick-up games at any time, but may NEVER win, or accept, any cash or prizes.

8. All players must maintain the volleyball ipad in excellent condition. Make sure your name is marked clearly on the ipad. Players are encouraged to utilize the ipad regularly as a reference.

9. Keep track of your ipad at ALL TIMES. Do NOT leave the ipad out in our gym, misplace it at an away competition, or anywhere where someone else can take it. You MUST notify the staff
immediately if you lose the ipad. Any player who loses their ipad will be required to participate in 6:00 AM “reminder runs” along with payment for replacing the damaged or lost one.

10. Maintain in an orderly fashion any supplemental information you receive. This will include academic information, volleyball articles, and scouting information.

11. Keep track of scouting reports in hotel rooms, after competitions, at any practice site, or outside of the locker room in our gym.

12. Keep all equipment, you may not give away or trade any CURRENT gear during the season. We would like you to keep most items for yourself, but trading or giving gear away occasionally after the Fall and Spring season is permissible.

13. If any player has any situation, problem, or disagreement with any support staff or administrator, it is that player’s responsibility to notify the Head Coach.

14. All players must share in the responsibility of being an active part of the first class image we have developed in our volleyball program. This includes openly taking pride in academics, being respected by other athletes, students, and staff, as well as each player representing our program in a first class manner on and off the court. Keeping it “Classy not trashy!” –Michaela

15. Coaches must be notified of any player committing rule violations. It will be considered each player’s responsibility to bring to the attention of the coaching staff any violations of team policies.

16. It is the responsibility of every player to keep the locker room in a nice appearance at ALL TIMES. This includes picking up all trash, keeping the area around your locker neat, and keeping the area around the TV and kitchenette in an orderly manner as well. All equipment purchased for use in the locker room/lounge must remain in locker room/lounge.

17. Player recruitment is a responsibility and priority for this team. In home events with recruits on campus, players are expected to dedicate time to their player recruitment responsibilities within the parameters of the time management program.

18. Athletes who are granted summer school scholarships must receive permission from the head coach for any employment opportunities. The priorities of a student-athlete enrolled in summer school are academics, athletics, employment; in that order.

19. Cell Phones: You may NOT bring your cell phone to ANY team meal. That includes team trips, or any other meal function. No cell phones or watches allowed at practice. Do not EVER use your cell phone while in ANY class, or during any formal meeting.

20. You are expected to exhibit Championship behavior including in your social media postings. This means refraining from posting obscene or offensive materials.
Home and Away Competition Rules

1. During any trip or competition, you are representing Clemson and our volleyball program. Your conduct and behavior should reflect those obligations at all times.

2. You are required to bring your own game uniform, kneepads, shoes, and socks in your carry-on bag on every road trip.

3. All players will be required to have a filled water bottle in the designated carrier before the beginning of every match. The athletic trainer will help coordinate this, but it will be the players’ responsibility.

4. Players will be assigned to carry volleyballs, training kits, and video equipment on trips. It will be your assignment from the time we leave our last practice until it is returned to its proper place following our return.

5. Travel Clothes:
   - Airplane trip: we should “look nice” Business Casual (no shorts, blue jeans, sandals, hats unless otherwise noted)
   - Van or bus trip: you may dress comfortably in sweats, shorts, or whatever you choose on our lengthy bus and van trips. Please do not wear any clothing representing any other University other than Clemson!
   - Home Events: A first-class appearance to everyone who will see you as a representative of Clemson volleyball.

6. Only designated floor CEO will talk to the officials during the course of a match.

7. No jewelry of any kind will be worn during matches.

8. No swearing is acceptable in any competition.

9. All players must bring picture I.D. on all airline flights.

10. Player assignments on away trips include:
    - Camera
    - Tripod
    - DVD Player
    - Water bottle holders
    - Athletic Trainer helper
    - Game editing system
    * Players not fulfilling their responsibilities in any of these areas will be reprimanded and punishment will occur when we return to campus.

11. Players will be benched for violations where poor decisions are made; curfew, decisions which impact team image, etc.

12. As a way matches, a light out time will be given. This means no TV, no talking. A good night sleep is essential for excellent performance on the road.

13. For home matches, the team and staff will agree upon lights out time.

14. Assistance with setup of nets and ball carts will be designated by coaching staff for home games.

15. During road trips NO friends or family will be allowed to accompany the team on the team bus and NO friends or family will be allowed in the hotel rooms of players. Any violation of this rule will result in harsh punishment including the potential loss of scholarship benefits.
Chain of Communication

Solving problems as a team and with the coaching staff is essential to success. Any issue or problem you may have over which the coaching staff has control, such as playing time, training styles, teaching techniques etc., should be discussed directly with the coaching staff.

The following Chain of Communication will be utilized by ALL players with any issue or concern, (player health & title IX issues are at the discretion of each individual & exempt from this rule):

1. Speak with your CEO’s about the area of concern.  
   *If you don’t feel resolution…..*

2. Speak with the coach in charge of that specific area.  
   *If you don’t feel resolution…..*

3. Speak with the Head Coach and the staff regarding the problem.  
   *If you don’t feel resolution…..*

4. Set up a meeting to speak with the coaching staff and our Administrator  
   *If you don’t feel resolution…..*

5. Set up a conference call or in-person meeting with the staff and your parents.

Any player who fails to use this procedure and skips steps will be harshly reprimanded with loss of playing time and possible loss of scholarship. The staff will **NOT** take calls, texts, or e-mails from parents concerning any team issues until the player has followed the appropriate protocol.

As a staff and a team we will ALWAYS want to work quickly and thoughtfully toward resolution in any matter of dispute.
Philosophy

The volleyball team will have GREAT pride in academic success. This will be reflected by an outwardly positive outlook towards academics, commitment to class attendance, and taking pride in performance. The entire coaching staff will be very supportive and very involved in all academic issues which affect the team.

Players will report directly to our academic advisor with all issues involving academics, tutors, academic support, etc. Our academic advisor will oversee all aspects of academic issues and will be the primary liaison with the academic support staff.

Goals

- 3.0 Team Grade Point Average
- Have highest GPA of any team on campus
- All players eligible and in good standing
- Be regarded as outstanding team academically within the Athletic Department

Working with Professors

Continue to enhance the reputation of the volleyball program by representing the team well with all professors.

Have a nice appearance to present a classy image of yourself in all academic settings. YOU ARE CLEMSON VOLLEYBALL.

Be attentive and responsive in classes. Sleeping or being inattentive is unacceptable.

Follow up with assignments and requests by professors in a timely fashion.

If you know in advance you will miss a class, TALK with your professor BEFOREHAND. A follow up e-mail to your professor is highly suggested.
If you are struggling in a class, meet with professor IMMEDIATELY. This helps in several ways….
1. It demonstrates that you care
2. It shows respect for instructor and the class
3. You may learn methods to improve your performance
4. You are dealing with the situation, not hiding from it.

**Working with Academic Advisor’s**

All players will follow up with all meetings, appointments, and assignments from your academic advisor. If you need to reschedule, you must call in advance and make an alternative arrangement.

*It is mandatory to check e-mail regularly and to respond in whatever fashion is requested.

**Tutoring**

All players will follow the specified tutoring procedures outlined by our academic advisor. This includes arranging for individual tutors, attending group tutor sessions, canceling tutor sessions, etc.

*Notify the Head Coach if any tutoring situation is NOT meeting your needs.

**Eligibility**

All players must be registered for a minimum of 12 credits at ALL times. Do NOT drop below 12 credits (not even for a couple of minutes) ever.

All players must be academically eligible by NCAA rules to practice, compete and travel.

**Academic Impropriety**

Any player known to be cheating in any form will be reprimanded by coaching staff

Any player who is formally accused of cheating and sanctioned by Clemson will also be accountable for further reprimand by volleyball staff.

**Class Attendance**

Class attendance is a part of the Clemson volleyball program. Players are accountable to the staff and the team for regular class attendance. You are a student-athlete and must be accountable in that order.

Rule: Head Coach must be informed directly from team members if a player misses a class.

Principle: regular class attendance is required. Team will deal individually with players who are not adhering to team principles in this area.
Weekly Reports

All Players will turn in weekly academic reports at the time and location assigned. Failure to turn in reports on time, or supplying any information which is NOT TRUE, will be cause for reprimand.

Alcohol, socializing related to class attendance

No class should be missed and no academic assignments can be compromised due to the previous night’s activities. Players are encouraged to have a good time, yet never at the expense of academic commitments.

Overview of Accountability

All incoming freshmen will have mandatory study hall hours as assigned by our academic advisor. Mandatory study hall hours after your freshmen year is as followed:

Any player below a 2.0 cumulative or semester whichever is lower GPA, or player on academic warning, will be assigned the following from the volleyball staff:

✓ Mandatory class attendance, all classes. Any misses will be reprimanded.
✓ Mandatory study hall, accountable within the Academic Center (10 hours per week MINIMUM)
✓ Mandatory time management overview.
✓ Mandatory routine check-ins with volleyball staff with academic updates
✓ Acknowledging that all players will be required to notify Head Coach of any missed classes or slacking academically in any way.

Any player between a 2.2 and 2.6 cumulative or semester (whichever is lower) GPA

✓ Mandatory class attendance, all classes
✓ Mandatory time management calendar overview with volleyball staff (including predetermined study times)
✓ Mandatory routine check-ins with volleyball staff with academic updates.
✓ 8 hours of study hall hours

Any player with a 2.6-2.99 cumulative or semester (whichever is lower) GPA or above

✓ Mandatory class attendance
✓ Optional time management calendar overview with volleyball staff
✓ 6 hours of study hall hours

Assigned Study Times

All players will follow through with all assigned study times.
- When travelling, in bus, on plane, or at the hotel.
- On weekends if team decision is agreed upon to assign entire team study time
- When assigned by coaches, CEO's, or academic group

**Practice Conflicts**

Players must discuss with Head Coach any class schedules which may overlap with volleyball commitments or volleyball practice times. Players will be permitted to schedule classes which conflict with volleyball as long as it is discussed and approved in advance by the Head Coach. Regarding special study groups, extra credit projects, review sessions that conflict with practice or weight training; we will make every effort to accommodate all players. Players should make requests as far in advance as possible. Head Coach will decide each on a case by case basis.

**Coaches Support**

The head coach and coaching staff are responsible for you while you are here. This includes overseeing every aspect of your academic performance and any concern you may have related to academics.

The staff will make every effort to look after each player, take care of each player, and help in any way possible.

Players are encouraged to seek advice, vent frustration, or celebrate successes at any time with the staff. You may always call any staff member at home or at the office at any time.

If you are having difficulty with the way you are being treated by the academic staff, by any teacher at Clemson, or by any tutor, please bring it to the immediate attention of the Head Coach.

The volleyball coaching staff will be strong advocates on your behalf in every way possible.
Lifestyle & Responsibilities

1. You are representing the Clemson Women’s Volleyball Program every day on campus, in the classroom, socially, and on road trips. Conduct yourself in a manner that will be representative of our team.

2. **BUDGET YOUR TIME!**
   - Plenty of sleep (at times you must schedule proper hours of sleep, 7 hours is the recommended hours of sleep for adults).
   - Budget study time (set aside a specific time and use it)
   - Make time for all responsibilities (classes, appointments, practice, rehabilitation with trainers, family, friends, etc)
   - You have less free time than any other student-athlete this Fall. Your schedule must be more disciplined because of this.
   - Learn to study on volleyball trips. Whether it is recopying notes, reading, or reviewing material, spend the time well.

3. **Nutrition**
   - Use your knowledge of nutrition to eat right while at school and on the road. If you need guidance for healthy eating please do not hesitate to contact the coaching staff.
   - At restaurants on the road, try to “eat smart”

4. **Physical Well Being**
   - You are responsible to the Athletic Training Staff and the volleyball staff for all matters related to your physical well-being (weight, injury rehab, honestly discussing injuries/sickness, etc). Showering immediately after a match is a requirement especially on the road. Shower first then spend time with family.

5. **Proper Mission Orientation, pursuit of Championship Behavior**
   a. Team mission first and foremost. Your first concern must be for the team.
   b. Individual missions are secondary to team missions, but are extremely important motivators as well.
Team Image

The way we are perceived by those outside our team is extremely important to our program. Team image within our team, our self-respect, and self-esteem as a team is very important as well.

**Team Image Principles**

*Be Polite, respectful, and friendly with:*

- All support staff
- All administrators, secretaries, coaches, and staff
- All dining hall staff & RA’s

The image and reputation of the volleyball program within the Athletic Department is extremely important. Every player should make an extra effort to be personable, courteous, and respectful of every staff member.

Our image with professors and the academic world at Clemson is very important. Conduct yourself accordingly in terms of appearance, correspondence, and responsibilities.

When we are traveling, all players and staff must realize that we are representing Clemson and our volleyball program. This will require appropriate behavior at airports, restaurants, hotels, and in opponents’ facilities.

Our team’s image; real or perceived; is affected by individual player behavior. Developing personal relationships is a part of the college experience, however, pushing the limits in some cases in this area can reflect poorly on a player or on our entire program. We want to make every effort to maintain a classy image in all our players.

Being clean and neat as part of a classy environment. These points are not optional, they are part of being a team member. This includes:

1. Personal hygiene
2. Looking nice in terms of dress and personal appearance
3. Keeping dorm room and living areas neat and clean
4. Keeping locker room area picked up and neat (take care of all your own clothes, trash, etc)
5. Keeping gymnasium neat, picking up cups, used tape, trash, etc.

**Appropriate Dress:**

All players must follow team guidelines with regards to appropriate dress when traveling or in any volleyball related function. Keep in mind that your personal appearance on campus and off campus will be a reflection on the volleyball program.

NO spandex will be worn outside of the Jervey Gym training facilities.
**Rules related to Alcohol, Smoking, Drugs**

Rule violations in these areas will require team members to notify Head Coach. Violations of these rules will be considered serious, and it is understood by all team members that notification of violations to the Head Coach is not optional, but a requirement.

Players aware of rule violations in these areas who choose not to notify Head Coach will be considered in violation of team policies.

**Use of drugs:**
Don’t do it. This is taken very seriously by our administration and is something that gets handled directly by them.

**Smoking Cigarettes:**
Any player smoking cigarettes will be disciplined by Head Coach. Smoking is NOT permitted under any circumstances and any tobacco use is against NCAA rules.

**Alcohol Policy:**
From the first day of training camp until Final Exams are completed in June, the policy is as follows...

No player will consume alcohol 24 hours before any volleyball related commitment the next day. If any team practice, team meeting, individual practice, or weight training is scheduled on a particular day, it is understood that no alcohol will be consumed the night before by any player.

No player will miss any class of any academic commitment due to the use of alcohol.

If a player confronts another player regarding drinking and driving, it will be the player who is driving that must yield to the demand by a teammate that she should not drive. This is NOT negotiable.

If you are limited in practice or in weights, or have any symptoms of being ill, or have missed class due to illness, you cannot go out, and will not be permitted to consume alcohol. Getting healthy must be your priority.

It is against the law to drink underage. There is a strict policy in place by the University in which we must abide by.

Never wear ANY Clemson gear while drinking on or off campus.

Drug, alcohol, and tobacco incidents will be dealt with by the athletic department administration.
Philosophy of Head Coach Related to Alcohol:

We want each player to have a fun, rewarding, and successful experience here. It is understood that there are times when drinking alcohol is a common part of a typical college experience for athletes and non-athletes.

Certainly there are times when a successful volleyball player and a successful student can party, have a good time, and still fulfill all commitments to their sport and their academics.

We want to strive to find the balance of being a CHAMPIONSHIP team, which does well in school, but can also go out and have a good time, understanding that at times alcohol will be involved.

Our team rule is a 24-hour rule. No alcohol will be consumed when there is ANY volleyball related activity within 24 hours. Consuming alcohol if under the legal age of 21 is NOT permitted at any time.

We have agreed to specific cases where consuming alcohol will be considered a rule violation and will be reported to the Head coach. In other cases, we will count on our players and the team to use proper judgment.
Team Relationships

A unique and special aspect of Clemson Volleyball is the philosophy that all players will get along very well together on and off the court.

All players will understand that an extra effort will be made in this area.

Getting along, mutual respect, and caring about one another will be a foundation of our player to player relationships, our player and coach relationships, and our player and support staff relationships.

We have agreed that in order to have the most successful team, and in order for each player to have the most positive experience possible, all players must work at getting along well on and off the court.

Most teams have cliques, selfish players, and players that back-stab teammates. In these cases, the guilty players do not acknowledge or realize they are an issue or a problem; often it is other players who recognize there is a situation of concern.

When confronted about issues, players cannot be defensive. Players must be open to other players letting them know of any situations which are present and not allowing our team to operate with maximum efficiency and maximum team chemistry.

**Tiger Rule on Team Relationships:** Do unto others as you would have others do unto you.

When you have issues, concerns, or problems, work it out in some way:
1. Attempt to work them out directly with that person
2. Bring an intermediary player along to help the conversation
3. Talk with captains or team leaders
4. Talk with Head Coach

Do NOT allow issues to linger!!!! Lingering issues can and will affect our team dynamic.

Care about teammates, have empathy for teammates, give your best to teammates on and off the court. If a player is complaining to you, it is ok to be a friend and listen. Make every effort to be sensitive, yet try to focus on progress, solutions, and working it out rather than backstabbing or undermining a teammate. When a player is complaining, it is the responsibility of the teammate to help direct the conversation to fit in with team principles.

Playing Time

All players want to play as much as possible, this is understood. A cooperative/competitive environment is essential to our success.

After a win, no player can show any signs of sulking or being angry (you are entitled to these emotions inside you if you played poorly or didn’t play as much as you like, but CANNOT communicate these emotions openly). **WE** win together as a team, **WE** are happy.
At the Dorms

Players should be very respectful of teammates in all situations in the dorms.

This includes being neat, taking care of responsibilities, cleaning, etc. respecting privacy, being unselfish in areas such as television controls, loud music, allowing for quiet study time, etc.

We do not want any dorm-related tensions to affect our volleyball team chemistry.

Respect must be shown to one another in terms of personal relationships, other friends, and family members as well.

Discussing problems with individuals outside of our program

We should make every effort to keep any issues, problems, disagreements, or concerns within the confines of our team and staff. Players should not discuss these types of situations with other athletes or other non-athletes on campus. VAULT IT.
Attributes of a GREAT Team

Shares a COMMON Goal

The team (players and staff) must know that they are all in search of a common goal, they must give all of themselves in relentless pursuit of that goal and they must trust and firmly believe that all members of the team will do whatever it takes to reach that goal.

TRUSTS in Each Other

If there is doubt that a coach or player isn't committed to the goal, it tears down the strength of the team. We must have a trust and faith in our teammates and coaches.

PASSION for Greatness

We must have a passion for Greatness. This passion needs to extend to every contact with the ball. This passion is at the heart of a strong work ethic in all areas. It should drive us to improve daily.

Excellent Communication

A great team has excellent communication. There is constant talk about what has just happened, what is likely to happen, and what or how each individual will respond in certain situations.

Communication off the court is equally important. Whatever talk there is outside the gym needs to be constructive. If complaining takes place, it is the responsibility of whoever might be listening to not allow it to continue. Talking about a problem with someone with the goal of finding a solution is constructive.

Plays with Emotion

A Great team plays with emotion. There is celebration after winning a point or siding out, regardless of how it was won. Teammates draw strength from one another.

Feeds off Each Other

A Great team learns to "feed off each other." A team player will still give to the team, even if she isn't necessarily have a great day performing. If I have not executed a skill perfectly, but my teammates have somehow made a good play out of it, I need to rejoice in OUR good play, instead of sulking about my error. I can often "make up" for my skill error by the way I choose to act about it. I can always control my attitude. One of the great things about being a team is the fact that I have teammates that can pick up the slack if I have a bad day. In an individual sport, if I'm not performing well, my only hope is that my opponent has a worse day. If I learn to feed off my teammates, I can often work through the trouble spots and turn my performance into a positive one.
LOVES what they’re doing

On a great team, People take part because they love what they are doing. They take part because there is nothing that they would rather be doing.

Extra Work

Players on a GREAT team are eager to put in extra work. They want areas of weakness in their game to become areas of strength. They look forward to any extra time that they might have to work on these areas.

Strong Leadership

Leadership is a must. The leader(s) are respected by the staff and other players. A leader helps form a communication bridge between players and coaches. She is able to head off problems before they become issues, and take issues from players to coaches (and vice versa) if necessary.

A leader sets a standard of EXCELLENCE for others to follow. She is consistent in her attitude and actions, on and off the court.
# Overview of Staff Feedback

## Types of Errors That Will Draw Feedback

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<tr>
<th>Lack of Effort</th>
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<tbody>
<tr>
<td>Lack of effort in any area will be cause for strong reprimand.</td>
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<tr>
<td>- Physical: lack of effort in going for a ball on defense, or working hard in any aspect of the game in practice or in matches.</td>
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<tr>
<td>- Communication: lack of effort in openly communicating with teammates or coaches or support staff</td>
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## Intensity Errors

- Lack of intensity or competitiveness will NOT be tolerated.  
- Players demonstration a lack of intensity (intensity defined as the emotional investment required to achieve our team goals) will be criticized harshly.

## Mental Errors

- Being mentally focused and tuned-in will be a critical part of our success. You must challenge yourself to be in the right position and execute skills intelligently.  
- When learning something new, mental errors at times are inevitable and can to some degree be excused. Mental errors, however, cannot continue to be made in the same areas.

## Selfishness Errors

- Any personal conflicts between players or groups of players that in any way reduce the overall effectiveness and positive outlook of the team will be viewed as selfish and UNACCEPTABLE.  
- Players must be tolerant of one another, reduce back-stabbing instances, working together in the best way possible. Any demonstration or lack of respect of teammates, coaches, or support staff breaks down the strength of the team and will be reprimanded.

## Positive Reinforcement

Coaches will constantly be providing feedback to players in many forms. Players have a tendency to focus on the critical feedback they receive, and at times allow instances of critical reinforcement to out weight a significant number of positive, supportive comments made by the coaches. Reprimands and reminders are part of coaching feedback, and will help make our team great. Keep in mind the positive, enthusiastic, optimistic reinforcement you receive as well.

## Performance Errors

- If a player is giving 100% physical and mental effort and makes an error, the coaches will give constructive feedback, or simply let the error alone with no criticism.  
- In some cases, the coaches will simply ask the player to come back strong.  
- At times, a player will perceive herself as putting 100% mentally and physically into the task, and will make an error. The coaches may identify, at that time, that not only was a performance error made, but the player needs to increase her focus or physical investment as well. The coach may then demand an increase in performance and physical investment.
Practice Rules

1. Arrive at practice early, at least several minutes before the designated starting time.

2. All players must be taped, dressed, and ready to practice at exactly the specified time. Pre-practice meeting will start at exactly the assigned time. (be warmed up ready to go when practice begins).

3. It is YOUR responsibility to get to the training room early enough to allow ample time for treatments and taping.

4. Acceptable practice gear will be Clemson issued apparel only.

5. You will be responsible for your own practice gear. Mark all gear with a laundry pen and help coordinate team laundry.

6. All players will wear matching practice gear at all practices. Our CEO's will select the color of shirts and shorts for each day.

7. Net setup and take down is the TEAMS responsibility. Nets will be setup, tightened to correct height, antennas in place before the starting time.

8. Nets will be put away in a neat and orderly fashion, every day that is required.

9. Every day after practice, balls will be counted, cups picked up, and water returned to the training room.

10. You must notify the Head Coach personally or by phone if for unexpected reasons you may be late or will miss a practice. Notification should be reminded at the beginning of practice if you need to leave early.

11. Make every effort to schedule any other commitments around volleyball (doctor's appointments, tutoring sessions, group sessions, parent arrivals, etc.)

12. If you are limited due to illness or injury, you are still required to attend practice, weight training, and meetings. (unless otherwise directed by head coach)

13. Arriving late from, or leaving early to a class is acceptable:
   * Remind coach at the close of practice the day before if you will be arriving late the following day. (it is also a good idea to e-mail this info in advance).
   * Remind coach at the beginning of practice on a day in which you need to leave early.
14. Regarding Injuries: *Be Open and Honest with coaches and athletic trainers*. We will then determine your workload. Communication is the key as we determine your limitations and needs. You should notify the coach if you will need modifications in certain areas (i.e. jumping, use of shoulder, etc.). If you will be limited in any way, you must see the athletic trainer during the day (preferably in the morning) and notify the Head Coach of your limitations. Do NOT wait until practice time to get evaluated and report limitations.

*It is a RULE that the athletic trainer be notified of any injury or illness.*

15. You may drink water in addition to team water breaks as long as all shagging and responsibilities on the court are being handled. If you need to leave the gym for the bathroom, simply check with the coach to do so.

16. On a weekend with no match scheduled, check with coach before making commitments. A practice or meeting may become scheduled.

17. NO jewelry will be worn during practice

18. *Swearing is an unacceptable practice behavior*

19. The only excuse for not going for a ball in any drill is if there is imminent danger. Otherwise, every ball in every drill must be pursued.

20. Do not catch a volleyball in a drill unless specified to do so. The rule: Simply make a play on the ball to the best of your ability, the same level of effort you would make to keep the ball in play in a match.

21. The rule of acknowledgment: In practice, in matches, and otherwise, when you are given instructions by the coaches, you are required to give noticeable acknowledgement. This simply means that you heard the coach; in some cases, you may not agree with it, you may not understand it, but you acknowledge that you heard it.

22. Do not go under the net out of control when attacking a tight set. If it is too tight, **LET IT GO!**

23. Always shag your own ball in pepper. Do not ask another player, manager, or coach to do so for you. Both players should go retrieve the ball.
All players will be required to understand and apply all scouting information.

The essential information will include:

- Serving strategies; weak passers, formation weaknesses, specific tactics, serves to disrupt primary plays.
- Favorite plays and primary hitters in each rotation
- Blocking schemes versus 2 hitter alignments.
- Primary hitter tendencies and favorite shots.
- Defensive adjustments for particular hitters or team.
- Tip zones for our leftsides, rightsides, and middle hitters.
- Weak blockers and plays we can use to take advantage of these weaknesses.
- A general offensive and defensive game plan to be implemented

Every player MUST be able to apply scouting information in practice rehearsals and matches. In particular, you must be especially knowledgeable of your position assignments. Each player is responsible for their scouting report and must put their number on the scouting report. We do NOT want the scouting report getting lost or misplaced. If a scouting report gets lost please make a TEAM effort to find it. If there is no luck locating the lost scouting report, please notify Head Coach.