

TIME COMMITMENT FOR VOLLEYBALL

Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. Volleyball—the ultimate TEAM sport—demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and—above all—cooperation. Building a team requires a commitment of everyone's **TIME**.

Our season is short ... tryouts begin August 1, and--just twelve weeks later--the State Championships begin. Focus during this brief period is incredibly important.

As a member of the Dunwoody Varsity or JV Teams you are expected to:

ATTEND EVERY PRACTICE

Skills training, lesson plans and game preparations are all interrelated. Coaches will not have the opportunity to help players “catch up.” If you know you must miss a practice, you must call or text the coaches in advance.

ATTEND SCHOOL ON MATCH DAYS

The Georgia High School Association (GHSA) and DeKalb County School District prohibit any athlete from participating in an athletic contest unless, on the day of the match, they attended at least half of their scheduled classes.

RIDE THE TEAM BUS

For most road matches at other high schools, Varsity and JV players must ride the team bus to the game. A player should be prepared to do homework during the bus rides. A player may, with the coaches permission go home from the opponent's gym with her parents. All players must return to the Dunwoody High parking lot on the team bus. A player may not drive her own car to or from Road matches. Note: we will allow parents to drive on match dates when buses are not available for the players to arrive and warm up and for Saturday tournaments.

AVOID OTHER CONFLICTS

Saturdays: Our Volleyball schedule will include several Saturday play days and tournaments (Varsity, Junior Varsity), plus other possible team activities. Play days and tournaments all occur on Saturdays. Saturdays are a part of our twelve-week season. Be forewarned.

SAT test: PSAT test

Other conflicts: There will be no practice on September 2 (Labor Day), Many Dunwoody Volleyball players also participate in music, theater, journalism, student government, etc. **Your volleyball commitment means you may have to reschedule some of those other activities during the volleyball season.** Talk with your coach if you anticipate a problem.

PARTICIPATE IN OFF SEASON ACTIVITIES

During the off season, the team will offer opportunities for conditioning and volleyball training such as open Gyms. Players are encouraged to participate. Returning players are expected to attend the Team Camp.