



Moanalua High School Boys Volleyball Student Athlete Contract

Athlete Name: _____ Grade: _____ Date: _____
Sport: Boys Volleyball Coach: Cabanting, Alan Due: _____

Moanalua High School's philosophy of athletics describes it as: "providing for meaningful learning opportunities...assist(ing) in developing habits, attitudes, and ideals for ethical competition and cooperation in our society...provid(ing) life-long lessons for personal growth (sportsmanship, teamwork, commitment, pride, and cooperation, responsibility, and leadership skills)." As such, every Moanalua High School (in line with its school vision) student "**STRIVES FOR EXCELLENCE**" and becomes the very best in every aspect of athletics.

A student-athlete here at Moanalua High School is above all a **STUDENT FIRST** and goes hand in hand with the MOHS Boys Volleyball doctrine "Success for ALL, NO EXCUSES." It is this program's goal and mission that every student in our program reaches their full academic and athletic potential. Student-athletes in our program **must** maintain the rigorous academic charter that Moanalua High School is known for, attend mental and physical training regiments, and adhere to the character development guides provided. This is our way of making sure that our student-athletes maximize their academic potential, optimize their physical talents, and go on to become outstanding members of our society.

It is expected that all athletes and parents abide by the rules set forth in the Hawaii Department of Education Parent and Student-Athlete Handbook. This simply is an addendum to the handbook.

Moanalua High School (MOHS) Athletics is a place where....

- ✓ ***Academic excellence and life-long learning are the foremost goals***
 - Athletes need to complete weekly progress reports focused on work habits and grades
 - Consequences will be given at the beginning of each practice if any negative work habits occur (i.e. late to class or late submission of homework).
 - Athletes **must** attend study hall if grades are below a C (70%).
- ✓ ***Partnerships are valued***
 - Work with others – Students will learn the importance of **team work** that the team is more important than personal desires or performance. Students will learn to work with others by developing self-discipline, respect for authority, and the spirit of hard work and self-sacrifice. MOHS Boys Volleyball program will always maintain a TEAM FIRST attitude in all aspects of its program.
 - Strive for Excellence – Students will learn to give one's best effort in practice and at games, and learn to improve on one's mistakes.
 - Build Character – Students will treat others (the Moanalua community) with the same respect that they would want to be treated.
- ✓ ***Open communication is encouraged***
 - Coach will make a concerted effort to the development of the athlete and where they are on the depth chart **or** improvements needed to become a better teammate.
 - Coach will make recommendations as to how they can rise up the depth chart.
 - Athletes should speak to their coaches regarding any discrepancies, comments, or concerns (i.e. playing time) before going to a parent or athletic director.
- ✓ ***Positive character traits are learned and practiced***
 - Respect for one's school responsibilities – Many students often assumes leadership roles as members of their respective teams. Their conduct is judged on and off the court by their peers and community members.
- ✓ ***Discipline is a part of our habits on and off the court***
 - Two administrative detentions will result in the student-athlete being suspended from 1 game.
 - Any internal or external suspension will result in the student being suspended from the team.


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- He will be afforded the opportunity to be reinstated if:
 - A Letter to the VP requesting re-instatement is given within five (5) days
 - Letter should include an explanation of why the behavior occurred and a plan that he will implement to prevent the behavior from occurring again.
 - A written apology to the team for not fulfilling their roles as a teammate.
 - 1 hour school or community service
- 2 internal or external suspension will result in an automatic dismissal from the team

Good Team Player Responsibilities – The student is expected to follow rules, regulations, policies, and his coach’s directives during training, practice, and participation in athletic events.

- PRACTICE TIMES and ESSENTIALS
 - **EARLY IS ON TIME, On Time is late.** Practice always starts on time!
 - Must Be in Proper Attire before entering the gym.
- PRACTICE ATTENDANCE and TARDINESS
 - Notify Coach about missing practice the day before (excused absence only).
 - Excused absence from school is a valid reason to miss practice or a game.
 - Unexcused absences from practice or contest may result in suspension or dismissal from the team (let your coaches know ahead of time if you are going to be late or absent).
 - Team members **must** attend all practices. Illness and emergency are the only accepted excuses for missing a practice session.
 - Absence from a practice session for any other reason will result in the athlete being denied the right to participate in the NEXT CONTEST (game).
 - There is NO EXCUSE for being tardy to a practice session or game.
- CLASS ATTENDANCE
 - Students missing school for reasons other than illness **must** have an excused absence to participate in events or practices.
 - Student-athletes are responsible for requesting make-up work from their teachers for lessons missed due to an athletic activity.
- CONFLICT WITH EXTRACURRICULAR ACTIVITIES
 - Student-athletes **must** divulge extra-curricular activity schedules and information to coaches at or prior to tryouts which includes but is not limited to: expected absences due to family vacations, school related trips, other school activities.
 - The MOHS Boys Volleyball program would like all families to consider each team’s three month season as a COMMITMENT and accordingly schedule all trips and vacations around the practice and game schedules. The values athletics are trying to help build in students are diminished when players miss parts of the season.
- SPORTSMANSHIP
 - Unsportsmanlike conduct will not be accepted in school, practice, or game situations. **Obscene language, gestures, and insubordination** are examples of unsportsmanlike conduct.

Failure to comply with the requirements of the DOE Parent and Student Handbook and rules stated in this contract or stipulated by the Head Coach will result in disciplinary action which may include suspension or dismissal as determined by the Head Coach and/or policy set forth in the handbook.

I agree to the rules and regulations of the student-contract and the attached individual sport requirement.

_____ Student Name	_____ Student Signature	_____ Date
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I have read the above rule and regulations and agree to abide and support them.

_____ Parent Name	_____ Parent Signature	_____ Date
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_____ Parent Name	_____ Parent Signature	_____ Date
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