

# Fridley Volleyball 2015 Handbook

## *Program Information*

### **Volleyball Booster Club**

Thank you for your interest in the Fridley High School Volleyball Program. In addition to the school's athletic fees our program incurs a number of expenses throughout the year. The Volleyball Booster Club helps to lower or eliminate these extra costs through various fundraisers. However, we ask if each player on the high school teams help with some of the initial costs to start the season. ***This year the fee is \$20 per player which will help cover the cost of the practice t-shirts and various other items. This fee will be due Wednesday Aug. 19th.*** If there is an issue with the fee please talk to the head coach.

We have compiled a list of some of the expenses the booster club helps cover that you should know about. The teams like to have team apparel or other clothing on top of these items. No player is required to purchase those additional items.

- Parent Appreciation Night
- Senior Recognition Night
- Special Team Events/Trips
- Team Posters
- Souvenir balls for home match introduction
- Banquet (Cost for player's dinner, hall rental, decorations, gifts/awards, etc.)
- Team Handbooks
- Coaches Clinics and Apparel
- MSHSCA Membership Dues for coaches

### **Fundraising**

In trying to keep costs down, the volleyball program will participate in a few fundraisers. We also host the concession stand at our home events. We ask that families from ***all teams*** volunteer for staffing to support their daughters and to make the volleyball program more self-sufficient. Sign-up sheets will be brought to our service project on August 21<sup>st</sup> and to the Parent/Player potluck on August 31<sup>st</sup>.

## **Pictures**

The official photographer for Fridley High School athletics is David Bank Studios. The teams will take their pictures Friday, August 21<sup>st</sup>. Each player will receive an order envelope for pictures at practice.

## **Banquet**

The banquet date is TBD. The booster club will work on details for the banquet throughout the season and will get them for you in a timely manner. The banquet is for all teams.

## **Volunteering**

There will be opportunities to keep all parents and fans involved during the season. Sign up sheets will be passed out at the service project August 21<sup>st</sup> and the Parent/Player Potluck August 31<sup>st</sup>. Be sure to bring your calendars with you!

## **Volleyball Program Website**

There is a wealth of information on our website. You are encouraged to check this site often to be sure you are up to date with all the team events, photos, summer camps, open gyms etc – [www.fridley-tigers.com/volleyball](http://www.fridley-tigers.com/volleyball)

## ***Team Policies***

### **Line of Communication**

This is one of the most important areas to emphasize. This line of communication will be strictly followed within our program. The staff truly believes that if all of us are diligent in following this we should not run into any problem that cannot be resolved in a smooth and comfortable way.

If you or your daughter is having frustrations or problems of any kind it is very important that your daughter speak to her coach as soon as possible within our guidelines. If after speaking to their coach your daughter does not feel like the problem has been resolved, then you as parents may contact their coach. You may contact us either by email, phone or set up a meeting. If after discussing matters with your daughter's coach you do not think things are resolved, then please contact the head coach.

As a final note, parents or players may not approach the coaches before or after practices or matches about an issue unless a meeting has been scheduled. If the matter is related to a specific incident, match, or event, then the parents and athletes must wait until 24 hours after the specific incident, match, or event before contacting the coach to schedule a meeting.

## Tryouts

Try-outs begin on the first day the Minnesota State High School League (MSHSL) allows us to begin. ***This year will be August 17th, 2015.*** Because the volleyball season is so pressed for time, our tryout schedule and practice times are set well ahead of time and are pretty demanding. We ask that families respect the schedule and arrange your appointments, trips, etc. around the volleyball schedule.

Any player interested in playing volleyball ***must be present*** during the entire tryout period in order to participate on a team. This is not enough time to fully evaluate the talents of individual players and to assess potential playing positions. Sometimes there are changes that need to be made after try-out cuts are made. Players will be selected for teams according to volleyball skill levels, testing for speed, agility, strength, and endurance during try outs.

It is highly recommended that players wishing to play high school volleyball are part of some sort of summer strength and conditioning program as well as play and practice their skills as much as possible over the summer. There are summer camps scheduled and multiple open gyms to participate in.

Our philosophy is that players should be on a team in which they will have an opportunity to participate fully. The coaching staff will move players from team to team so that they have “match” experience during the season. Their opportunity to participate is determined through evaluation of attitude and performances during practices, scrimmages, and matches.

Playing time at the 9th grade level will be as equal as possible but may be dependent upon position. Playing time at the JV level may not be equal but instead is determined more on performance and how one contributes on the court. At the varsity level, the level of competition, each player’s individual skills and their ability to consistently contribute to the team’s success will determine playing time. Generally speaking the higher the level of the team the more competitive it will be to have playing time.

## Practice

Practice is the time and opportunity for the athletes to work on their skills without worrying about outside influences. ***Practices are closed to anyone other than the coaching staff and players.*** Please understand that we are not trying to hide anything, just trying to limit distractions for everyone. Each team has its own practice start times. Athletes are expected to be dressed, have training needs addressed, and have the nets set up before practice begins. ***We want practice conditions to mimic game conditions. Therefore practice uniforms are required and will consist of spandex shorts and the team practice T-shirt.*** All of our coaches work outside of the school and from time to time their duties may cause them to be late for practice. If this should occur, athletes are expected to warm up and stretch on their own.

## Practice Protocol

1. Be on time. Come *early* to be ready for the start of practice.
2. No Gum.
3. No Jewelry.
4. Practice Uniform – practice T-shirt tucked into spandex training shorts.
5. Hair – out of face and not swinging.
6. Clothing – folded and placed inside lined up bags.
7. Water bottles filled and training room needs are performed *before* the start of practice.
8. Each day every player will warm up with a different player.
9. Water Breaks will be taken as a team. They are not a social time. When you have quenched your thirst, return to the court.
10. Varsity Only - Three ring binder - bring to all practices, team meetings, and matches

### Big Sister/Little Sister (Accountability Partner) Wednesdays

The Fridley Big Sister/Little Sister program serves as a way to connect our teams together and to mentor our younger athletes through small group activities. This will take place every Wednesday during the last half hour of practice. The coaches will be responsible for placing athletes from all three teams together in small groups (accountability partners). During this time the groups will meet to complete an activity centered on the theme of “Affirmation Wednesday.” Activities will vary week to week and will allow players to affirm and encourage one another not only in their volleyball skills but also in their strengths as individuals. Each Wednesday the groups will be responsible for setting two achievable goals for the following week. One goal statement will be directly related to a volleyball skill and the other related to one’s attitude during a game and/or practice. Each player will share their goal with their big sister/little sister (accountability partner) and discuss the ways they plan to achieve that goal the following week. The following Wednesday, players will assess how they did at achieving their goal and will then repeat the process for the next week. Finally, big sister/sister little groups (accountability partners) will be **encouraged** to provide game day pump-ups for one another—i.e. an encouraging note, small treat, Gatorade, etc. The biggest pump-up will be cheering on their sister at **every one** of their games.

## **Absence from Team Practices and Activities**

### **1. Excused Absences**

- An absence is excused **IF** the player notifies their coach in advance **AND** the coach approves the absence. If the coach does not approve the absence it is considered unexcused. This includes arriving late or leaving early from practice. Call, text or email. Your coach can always be reached.

- Excused absences might include but are not limited to – family emergencies, medical emergencies, special academic opportunities and once in a lifetime opportunities.

- Illness or injury is not an excused absence unless a signed note from a doctor or parent is provided to the head coach. Injured players are expected to attend practice.

- Work is not an excused absence.

- Absences are strongly discouraged as it disrupts the team, team chemistry, drills, etc.

### **2. Unexcused Absences**

- An absence is unexcused if the player does not notify the coach before the absence occurs or does not provide the proper written documentation indicating the reason for absence signed by the parent/guardian/doctor of the player. If the coach does not approve the absence it is considered unexcused.

- If an unexcused absence occurs it will be up to the coach to determine the necessary consequences. If missing practices/games becomes habitual, then the coach and athlete will meet to evaluate the player's commitment to the program. During this meeting they will discuss possible solutions including dismissal from the team.

## **Game Day/Travel Information**

It is not advised to have players leave school on game days. We want the players to reflect our commitment to a class program by how they present themselves. Varsity athletes are required to wear their game day apparel to every game. Game day dress for JV/C will be determined by their team. Clothing that is ripped, full of holes or deemed immodest or inappropriate will not be allowed. We are representing our school, community and families.

In order to begin focusing on the match ahead, each bus ride will remain quiet and distraction free 15 minutes after departing Fridley High School. Quiet talk and homework is permitted prior to this time. This would be a great opportunity for some personal reflection/goal setting, visualization and positive self talk to focus on each player's skills.

## Home Games

Each team together will set up the equipment on the court they will be playing on. When this is completed each team will warm up on their court. After the 9<sup>th</sup> grade game is over the team will take down and put away their court's equipment. They will then head to the main gym to help with the varsity warm up. After warm ups they should relax and enjoy the match. When the JV team finishes their match they will help with varsity warm ups as well, then relax and enjoy the match. JV and 9<sup>th</sup> grade teams are required to stay for the Varsity game ***unless you have permission*** to leave from your coach.

All varsity players need to be dressed and ready to be on the court 15 points into the second JV match. This will allow time to warm up, stretch, and get mentally prepared. ***All varsity players*** will assist in taking down and putting away the equipment after the varsity match. All varsity players will be in attendance for the C/JV game to help with score keeping and line judging.

## Away Matches/Tournaments

Players ***will be required*** to ride the team bus ***to and from*** away matches and tournaments. Riding the bus together is an important team building experience. If we have won or lost we are together to support, celebrate and learn together. Only under special circumstances will we allow players to not ride the bus and the following conditions must be followed.

1. A note is signed by their own parent stating that their child will be riding with them or a face to face conversation.
2. Under no circumstances will players be allowed to ride with friends or parents without a note delivered to a coach or face to face conversation.
3. Parents picking up players ***must be waiting*** for the bus when we arrive back at school the night of a match. This is a way of showing consideration for the coach's time and duties.

## Cellular Phone Usage/Picking Up Your Daughter

Players may possess and use cell phones during the first 15 minutes of the bus ride. However, phones causing an interruption of team activities will result in a player losing the privilege of using a cellular phone during the season.

### Cell Phones

1. Never to be used in the locker rooms.
2. Never to be used at practice or during a game.
3. Players may not use cellular phones during team events or bus rides but may use them to call home for rides prior to departing from the school we have just played. This is to assure that there will be somebody at school when we arrive to pick up your daughter.

The coaching staff will never leave a player alone at school – we will wait until somebody picks her up. Because of this, we appreciate in advance your consideration for waiting in the

parking lot to pick up your daughters. If for some unusual reason, players are not getting picked up in a timely fashion, they will not be allowed to travel to events with the team.

### **Curfew**

It is expected that players will make every reasonable effort to get 8 or more consecutive hours of sleep each night as a minimum amount. While the teams do not have mandated curfews, parents should monitor their player's night activities to ensure regular sleeping patterns are held to. With proper planning, any school, religious, athletic or social activities should not interfere with the need for sleep.

### **Nutrition/Health (Players and Coaches)**

- No pop/coffee/energy drinks **all** season. Instead, consume an adequate amount of water necessary for hydration throughout the day.
- Do not drink out of another person's water bottle or container. It's hard enough to stay healthy without spreading bacteria and viruses this way too.
- No concessions stand food the day of a match or tournament.
- Pack a meal/snack for the trip to our opponent's school. It is the player's responsibility to be sure that they have eaten prior to playing, **NOT** a parent's.
- No meals/snacks 2 hours prior to playing. Eating on the bus is fine, but players are expected to monitor themselves for trash left behind.
- Get at least eight hours of sleep each night!

### **Injury/Illness**

Illnesses and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or match. *Eye doctor, dentists, orthodontics, and other doctor appointments are not.* There are days throughout the season when these can be taken care of, please plan accordingly. If during the school day an athlete leaves school because of illness, please text, call or send an email to your coach. If your daughter has an injury that requires medical attention, she will need a doctor's release to resume practice or play. A physician's note must be turned into our athletic trainer in order for your daughter to resume practice or play of any degree or level.

### **Rules of Conduct**

We don't need a lot of rules but coaches expect you to conduct yourself on knowing how to look and act. The coaches will help and develop you to look and act like ladies, to have good manners, to be punctual and to be humble. We want you to play, behave and act like athletes.

The word class and professionalism will become an important part of your life during the season.

### **School**

Always treat others with respect. Be respectful to authority figures. Rules are made for reasons and should be followed. If you have difficulty fitting into the structure of society and school, will never be successful as a volleyball player. If you can't be disciplined in school and in your community, you will not be disciplined on the court. Hard work, dedication, and discipline are the most important aspects of life, school and Fridley Volleyball.

### **Academic Eligibility**

As an athlete you will be visible on and around campus. You will be expected to give priority to your schoolwork. Your schoolwork can be enhanced by athletic participation. However, your schoolwork should never be used as an excuse to miss a team event. **If you are a true student-athlete then you will take care of schoolwork in a timely manner to be sure neither your school nor your athletics suffers.** School and MSHSL policies will be followed.

### **Chemical/Substance Use**

Illegal chemical or substance use undermines the cohesion of a team, and indicates that players may be putting themselves before the team. Each player is expected to put the team first when confronted with situations that may have illegal chemicals or substances involved. The consequences for use of illegal chemicals or substances are clearly drawn out for you in the materials you received when registering for fall sports.

### **Conditioning**

We are going to stress conditioning, believing a better-conditioned athlete can beat a superior skilled athlete who is not in top shape. All of us, regardless of skill or talent, will play all out on every rally, always giving 100%. We want to build a reputation of being the best-conditioned athletes in the state. We want to take pride in winning every third or fifth game of a match.

### **Lettering Criteria**

Lettering will be determined by making the varsity roster during the volleyball season as well as playing time. The following criteria will be used:

1. Prompt attendance at practice and matches.
2. Participation in a minimum of 30 Varsity sets.
3. Managers must attend over half of the practices and all varsity matches.
4. Coaches' discretion.

## **Team Awards**

At the end of the season, our teams will vote for team awards.. Coaches will also have various other forms of recognition for the players.

## **Being part of a team**

Being chosen to become a member of the Fridley Tigers Girls Volleyball Program is a privilege, not a right. As a member of the team, there is inherent responsibility. You have chosen to make a commitment to the community, the program, your team, your teammates and your coaches. You have chosen to put the welfare of the team before your own welfare. You have chosen to put the goals of the team before your individual goals.

Believe in the people around you, the program, the people in the program, your teammates and the coaches. Belief is the key to motivation. Belief in what you are doing and who you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program we can not be successful.

**We win as a team.  
We lose as a team.  
We work as a team.  
We talk as a team.  
We come as a team  
We leave as a team.  
***We are one.*****

**Statement of Support**

By signing below I understand and agree to the policies in the Fridley Volleyball Handbook for 2015 season. I understand that I am making a commitment to the team and the club and will give my best effort to making this season a positive experience and a success. I will put the team ahead of personal agendas and goals and work hard to build the success of the team.

Player Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

**This must be signed and returned to your coach by your first practice or you can NOT practice.**

**Contact information**

Provide at least one email that is checked regularly (email will be the main communication for updates and announcements) and one phone number for an emergency. Please write clearly.

Player Name \_\_\_\_\_

Player Email (Optional) \_\_\_\_\_

Player Cell (Optional) \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Parent Email Required (checked regularly) \_\_\_\_\_

2<sup>nd</sup> Parent Email (optional) \_\_\_\_\_

Parent Phone Required \_\_\_\_\_

2<sup>nd</sup> Parent Phone (optional) \_\_\_\_\_