

CLCS Coyotes

Volleyball Information Packet

2019-2020 Season

Cambridge Lakes Volleyball

The CLCS volleyball teams are no-cut sports available to all girls in 5th-8th grades. The sign-up process is completed through the website (<http://il.8to18.com/cambridgelakes>) with all fees and participation forms due prior to the start of an athlete's first official practice.

Practices prior to the start of school: Monday – Thursday, 3:30 – 5:00 pm – Top Flight

Season Dates: August 13 – October 18 (**No practice August 29 due to Back-to-School picnic.)

Required Participation Forms & Equipment

- Online registration through the website
- Participation fee \$120
- Current physical on file with the school nurse that was performed within the last 395 days.
- Athletes must provide: knee pads, proper footwear, and black shorts (for games). Jerseys are supplied on loan by the school.

Volleyball Philosophy

The coaching philosophy for girls' volleyball is based in the desire to inspire our athletes to work on core skills and have a lot of fun on the court while doing it. We are a no-cut sport in order to allow all the participants a chance to be part of the team and work on athletic skills.

“Good players inspire themselves, Great players inspire others” - Author Unknown

“I can accept failure, everyone fails at something. But I can't accept not trying.” - Michael Jordan

Participation Goals

1. Make volleyball an exciting, educational, and enriching experience for the athletes.
2. Maintain a safe and caring athletic environment, which focuses on dedication, willingness to accept mistakes and hard work as the basis for success.
3. Support the understanding that these are student athletes, so they are students first and should maintain a proper academic foundation.
4. Teach the benefits of teamwork and accepting the strengths or weaknesses of teammates on and off the court.

5. Promote each student as a role model for the sport of volleyball and for Cambridge Lakes Charter School.
6. Understanding that while winning is the goal, there is always room for improvement and lessons to be learned from a loss. There are ways to be a good winner and a good loser in life.

Academic Expectations

All athletes must be in good academic standing in order to practice and compete in the weekly games.

- Further information will be presented about specific ineligibility procedures.
- Ineligible students will be required to either attend after school homework help or attend practice and work on late or missing assignments.

Attendance Policy

All athletes are expected to be at every practice and game. We understand that sometimes this is not possible, however excessive practices will impact the amount of playing time in games.

- **EXCUSED ABSENCES:**
 - Any absence for academic reasons (not homework related), illness (especially if they missed school that day), and/or family emergency.
 - All excused absences must be cleared by the coach **AT LEAST ONE DAY** prior to the absence.
 - Excused absences will not result in any consequences.
- **UNEXCUSED ABSENCES:**
 - Any absence where a choice is being made to not attend, including but not limited to: competing in another activity/sport not related to CLCS, missing practice without notification, missing with insignificant cause, missing due to behavior issues at school, and/or leaving early or coming late to practice or a game.
 - *Please try to schedule well-care doctor/dental visits on days & times that do not conflict with scheduled games.*
- **OTHER SITUATIONS:**
 - Missed practice the day prior to a game will result in a non-play status at the game.
 - Arriving late to a game (missing warm-up) will result in a player sitting out for the first match of the game.

Student Behavior Expectations

Athletes represent not only Cambridge Lakes Charter School, but the volleyball program, their coaches, themselves and their family before, during and after the season. Failure to behave in a manner that reflects positively on Cambridge Lakes Charter School and the volleyball program could result in expulsion from the team. All athletes are expected to show model behavior both on and off the court. The following inappropriate actions/activities are all punishable at the coach's discretion as well subject to the school behavior plan:

- Disrespect through words or actions directed at fellow athletes, students, teachers, volunteers, competitors, officials or coaches.
- Bullying and/or hazing of any sort at any time is unacceptable.
- Defiance, rebelliousness, insubordination, dishonesty, and stealing will not be tolerated.

Parent Behavior Expectations

Parents are expected to be supportive of our athletes, team, coaches and the overall program. There could be times that parents are asked to volunteer their time to assist with games or travel to games. Parental involvement is encouraged and recommended as is possible with your personal schedules.

The coaches ask that parents try to refrain from instructing their own athlete from the stands in the event that it conflicts with the coaching staff. In addition, no parent should approach a coach regarding coaching philosophy or game decisions in front of the team during or after a practice or game unless initiated by the coach. Please e-mail or schedule an independent meeting to discuss any concerns.

Communications

Cambridge Lakes' coaches may establish outside communication with athletes and parents through phone, text, email and social media. All communication will be about topics related to athletes and game information/strategy. All text messages sent by coaches will have one or more additional coaches attached to the text. Please do not utilize coaches' personal numbers for anything other than athletics questions.

Coaches will utilize the ***Remind*** app to communicate with athletes and parents.

Parents can find the most up-to-date schedules, game locations and other important information on the 8to18 website for Cambridge Lakes. <http://il.8to18.com/cambridgelakes>

Travel to Practices & Games

Practices

- Parents are responsible for driving athletes to and from Top Flight.
- Parents will have the option to sign players out with a coach and pick-up at Top Flight. Practice ends at 5:00pm. Late fees will apply to all athletes picked up after 5:15 pm. The fee is 50 cents per minute.

Games

- CLCS competes against the surrounding private schools and some District 300 schools.
- Parents are responsible for providing transportation to and from each game.
- Carpools can be arranged with other families as needed, but please inform the coach of arrangements.

Contact Information

7th & 8th grade head coach: Julie Jennings – jennings.julianna@gmail.com

Assistant Coach – TBD

5th & 6th grade head coach: Janet Sjurseth – jsurseth@clcsstaff.org

Assistant Coach – TBD