

# Chisago Lakes Wildcats Volleyball Team Handbook 2017

## VOLLEYBALL PROGRAM PHILOSOPHY

### Program and Team Composition

The Chisago Lakes Volleyball Program is comprised of 5 teams: Varsity, Junior Varsity, B-Squad, 9A, and 9B. As per Mississippi 8 guidelines, the varsity team can be comprised of players grade 7-12, JV can be comprised of players grade 7-11, B- Squad can be comprised of players in grades 9-10, and 9A/9B can only be comprised of 9<sup>th</sup> grade students. The CLHS Volleyball Program strives to keep rosters of 12 or fewer players for the regular season, with 9A and 9B ideally smaller since they have a single coach. Athletes will only be asked to move to the next squad if we feel they will see substantial playing time at that higher level.

### Cut Policy/Setting Rosters

It is our philosophy to offer as many students as possible the opportunity to play while still maintaining the quality and integrity of the CLHS volleyball program. In the event that the number of participants is such that the quality of the program is compromised, cuts will be made. These cuts will be made to ensure that the number of participants is kept to a workable level and the program can continue to develop.

Cuts will be determined during the first two days of pre-season practice. Players will be scored on the following criteria to determine cuts and team placement: ball control, serving, serve receive, volleyball IQ, and intangibles such as effort, integrity, coachability, attitude, hustle etc. Especially for players at the B/JV/V level, positionality will also be a factor in determining team placement and cuts.

Rosters and game line ups will be determined by coaches based on skill, performance, and team contribution. Stronger players will receive more game time play and experience. At the 9<sup>th</sup> grade, B Squad, and JV level, coaches will make every effort possible to provide every player an opportunity to play during each match. However, playing time will not be equally distributed. At the varsity level, playing time will be at the coach's discretion based on skill and performance and what is best for the entire team. Playing time will not be equally distributed. It is our philosophy that athletes will show the maturity to discuss their role with their coaches to come to an understanding if questions arise.

### Coaches Commitment

As coaches, our purpose is to facilitate our athletes' development into young women who show a strong sense of determination, integrity, discipline, and self-respect. We will do this not only by teaching high-level volleyball skills and sharing the love of the game, but also by modeling principled and considerate behavior as well as teaching our athletes to be positive and supportive teammates.

### Players Commitment

We have four fundamental expectations of all athletes in our program:

- **Full Focus:** We expect our players to bring focus to the gym. Players are to be focused on volleyball whenever they step foot into the gym. Their play must always show intention and purpose, whether it is in practice or a game.
- **Full Effort:** We expect all of our athletes to give their best effort at all times. That does not mean we do not accept mistakes. We simply expect our athletes to put forth their best effort in all drills, practices, workouts, and games. We understand this will look different for every player and that every player has unique skills; however, giving less than a full effort does not meet our player expectations.

- **Full Support:** Players are expected to support their teammates, coaches, and the CLHS volleyball program by showing respect, encouragement, and commitment. This support needs to be present in the gym as well as out of it.
- **Fully Coachable:** Players are expected to be open to coaching. Providing feedback and instruction is the job of the coaching staff, and players are expected to listen to constructive skill instruction without taking that instruction personally. As coaches we must give feedback; as players, you must be open to it.

### **Sportsmanship**

We require that you show good sportsmanship at all times. Don't hate the opponent – rather, love the game. We will play with class and respect our opponents, the crowd, and the officials. Focus on your play and on that of your teammates. We will come together on the court as a team after every play and celebrate good plays. Captains are expected to shake the hand of the up referee following each match. Poor sportsmanship will not be tolerated. We strive to be leaders and athletes of integrity.

### **Team Captains**

The varsity team will be the only team in the program with designated captains. All other teams will rotate captain responsibilities. In order to be considered for captain, the athlete must be on the varsity team (any grade level) and must complete the captain application as well as fulfill the expectations of a captain in addition to the fundamental expectations of the program. Once applications are submitted, the coaching staff will decide on captains for the season. Captains will apply during pre season after teams are established and will be notified via a conversation with the coach whether they are chosen or not. The number of captains will typically be between 2-4, but may vary year-to-year based on the leadership skills of athletes, team needs, and the coach's discretion.

### **End-of-Season Awards**

Players and parents will be invited to celebrate the season at an end-of-season banquet. At that time, awards will be given to recognize the following:

- Mississippi 8 All Conference and All Conference Honorable Mention: these awards are for varsity players only and are decided by a vote of conference coaches at the season end.
- MSHSL and Mississippi 8 Academic Awards: these awards are for varsity players with exceptional academic performance and are decided by the state high school league and M8 conference AD, respectively.
- CLHS Letter Winners: all players on the section varsity roster will receive a varsity letter.
- Team Awards: the specific awards given will be chosen by each team's coach and will be voted on by teammates and coaches.
- Please note that awards will be withheld to any athletes with MSHSL violations during the season.

### **LINE OF COMMUNICATION AND PARENT INVOLVEMENT**

1. If an issue arises or if an athlete has questions about her role on the team, it is the player's responsibility to first discuss the issue with her coach.
2. If the issue can't be resolved between the player and the coach, a meeting will be scheduled with the coach, player, and parent, and possibly the Athletic Director to resolve the issue.
3. Parents, please do not approach or contact a coach for 24 hours after an issue arises. Only contact the coach if the player has first met with the coach and the issue could not be resolved. Parents and players, please do not approach a coach before, during, or following a match to discuss issues.
4. Parents: some concerns are appropriate to discuss with a coach, and some concerns are not. Coaches will be happy to discuss issues that arise in regard to the mental/physical wellbeing of your child, ways to help your child improve, and your child's behavior. Parents may not discuss playing time, line up decisions/strategy, or other athletes with coaches at any time. Please understand coaches are making decisions based on the needs of the whole team, and although situations may not always go the way you or your child wishes, those decisions must be left to the coach's discretion.

## PRACTICE GUIDELINES

1. Get the nets set-up and be ready to begin the team warm-up at least 5 minutes prior to your scheduled practice time. If you have any conflicts, you must talk to the coaching staff beforehand. It is *not* acceptable to have another player talk to a coach for you.
2. Take care of **ALL** personal and training/treatment needs (as instructed by the athletic trainer) before and after every practice. Active ankles should be used if you have them.
3. Come to the gym every day with your necessary equipment, **NO JEWELRY**.
4. Be respectful of teammates, coaches, managers and other staff.
5. Come to practice and matches physically and mentally prepared by getting the proper rest and nourishment.
6. Communicate with teammates and coaches. There is no way to resolve a problem if we don't know it exists.

## ATTENDANCE

1. All players are expected to attend all practices and competitions. Missing practice or competition for any reason will impact playing time.
  - a. All players are allowed two excused absences throughout the course of the season without substantial repercussion. In order to be excused, coaches must be notified (by the player or the player's parent) in advance. Examples of excused absences are family obligations, college visits, or school-related events such as the ACT test.
    - i. If a player has an excused absence the day before a match, they may not be able to start in that match and may sit the entire first game of the match depending on the coach's discretion.
  - b. As a part of a team, it is extremely important that players do not skip practices or competitions. For that reason, unexcused absences will not be tolerated.
    - i. There will be consequences for any unexcused absence. Consequences may include, but are not limited to, additional practice time to make up for the missed event, reduction in playing time, suspension, or dismissal from the program.
    - ii. Unexcused absences are absences that have not been cleared by coaches prior to the absence and absences for things such as shopping trips, non-academic or non-medical appointments, sport practices that are not in season, or social activities that do not include family.
  - c. As a coaching staff, we understand that illness or family emergencies are unpredictable and uncontrollable. These types of absences will be excused and dealt with on a case-by-case basis at the discretion of the coaches. Again, please realize that we understand emergencies happen and there are priorities beyond volleyball, but no matter the reason, playing time may still be impacted.
2. 9<sup>th</sup> Grade, B-Squad and Junior Varsity players are expected to attend the Varsity matches (whether home or away), sit with their teammates, and stay until the end of the match. 9<sup>th</sup> Grade, B-Squad and JV players will be assigned to do either libero tracking or to be a ball girl for at least one home varsity match.
3. Varsity players must attend the matches prior to their own match (whether home or away) in order to support their teammates and will help do book or keep score for at least on home match.
4. All players must be willing and able to help with at least one of the Monday night LARA sessions.
5. All 9<sup>th</sup> grade, B Squad, JV, and Varsity players will need to fully participate in our community pledge fundraiser. This will include pledging (and following through) 100 team hours of community service as well as reaching out to potential sponsors.

## GENERAL SCHOOL POLICIES

1. You will represent yourself, teammates, the team and the school with the highest level of respect and maturity when in the public eye. By being a member of this program, you have made a commitment to excellence. The choices you make have an impact on those around you, so make sure that the impact you have is a positive one.
  - a. All student athletes have read and signed the MSHSL Student Code of Responsibilities. If an athlete is found to be in violation of this code of conduct, consequences will apply at the discretion of the coaches, dean of students, high school principal, and athletic director.
2. Treat self and all others (including students, coaches, managers, officials, fans and teachers) with respect.
  - a. Actions such as hazing (see number 4), bullying, intimidation, and harassment (in person or via social media) are strictly prohibited and will not be tolerated. If an athlete engages in any of the above behaviors, they will be subject to punishments based on the discretion of the coaches, dean of students, high school principal, and athletic director. Because of the severe impact such violations have upon the wellbeing of other student athletes, such consequences may include suspension or dismissal from the program.
3. School attendance is extremely important and directly related to academic success. Whether excused or unexcused, every absence counts in terms of learning. It is the responsibility of the student to minimize his/her absences. Parents can help students make regular attendance a high priority by excusing them only when absolutely necessary. Please make note of the attendance policy at CLHS. If a student is absent for an entire school day, they are not allowed to participate in practice or competition that evening unless cleared directly by the Activities Director. A student must be at school before third block to partake in any activities, even practice.
4. The act of hazing by any group at Chisago Lakes is never allowed. Hazing is defined as any activity expected of someone joining a group that humiliates, degrades, abuses or endangers that person regardless of the person's willingness to participate. Any student found hazing will be suspended from volleyball and is subject to dismissal from the program.
5. No student shall possess, use, sell, distribute, deliver, supply or be under the influence of alcohol or any illegal, controlled, or mood altering substance or possess, use, sell, distribute, deliver or supply drug paraphernalia, or misuse prescription drugs at any time, at any place, on or off school property. In addition, any athletes knowingly in the presence of illegal use of substances who does not remove herself immediately from the situation will be held to the same consequences. This applies in and out of season.
  - a. First Violation: (1) Suspension for two matches (or two weeks, whichever is more severe) of the current season or the next season of participation. This applies to games, competitions or performances. It does not apply to practices nor does it prevent a student from being a member or a team or group during the season in question. (2) Ineligible for any awards for the current season.
  - b. Second Violation: The student will be dismissed from the volleyball program for the remainder of the season.
6. The penalties for violating the rules involving sportsmanship and respect will be consistent with the Minnesota State High School League rules. Based on the severity of the incident, the Administration may impose stricter sanctions.
7. Athletes should follow the CLHS dress code at all times when representing CLHS Volleyball.

## CONTACT INFORMATION

**Varsity:** Brigitte Rogers (Budahn)  
**Junior Varsity:** Amber Schoonover  
**B Squad:** Marty Young  
**9<sup>th</sup> Grade:** Claire Young  
**Program Assistant:** Hannah Erickson

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## REMIND

Text the message @clhsvb17 to the number 81010 to join our Remind group

## WEBSITE

Clhsvolleyball.weebly.com (or linked on the CLHS Activities website)

## FACEBOOK

Search: Chisago Lakes Volleyball and “like” our page

## TWITTER

Chisago Lakes VB @CLVB2017

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*I have read and understand the philosophies and policies set forth in the Chisago Lakes Wildcats Volleyball Team Handbook for the 2017 season:*

Player name (printed): \_\_\_\_\_

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Player Signature

date

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Parent Signature

date