



# **Hays High School**

## **Lady Rebel**

# **Volleyball**

**Player/Manager/Parent Handbook**

**2011**

# **Jack C. Hays High School**

## **Lady Rebel Volleyball**

### **Player Guidelines**

There are many expectations for a Rebel Volleyball Player. The following is a list of responsibilities that are required to remain in the program. They are in addition to your athletic guidelines and deal with issues specific to the volleyball program.

#### **Loyalty and Respect**

Your conduct toward coaches and teammates should be of the utmost respect at all times. Any conflict should be handled through individual conferences with the player or coach. Team issues should remain within the team.

#### **In the classroom**

Treat your teachers and classmates the same way you would treat a teammate or coach. Be respectful, obedient, attentive, and turn in all work promptly. As student-athletes, academics must come first. A great effort should be made to sit in front of every class if possible. Statistics show that those students sitting in the front of the class learn more, retain more, and receive better grades. It is your responsibility, not your teachers, to get all necessary make up work. It is also your responsibility to keep up with your class average. Random grade checks will be conducted throughout the season. Poor conduct will result in a conditioning consequence.

#### **Opponents and Officials**

It is never your role to question, argue, or verbally interact with officials or opposing players in a negative way. When we celebrate a good play, it is done with your teammates and not directed across the net at anytime.

#### **Parents**

Respect your parents and all the effort they put forth for you to play volleyball. Communicate game and practice times with them as well as pick up times after games.

#### **Facilities**

We are privileged to be in a nice facility. It is your responsibility to keep the gym, locker room, weight room, and halls clean and trash free. Have pride in where you live.

#### **Public Behavior, Language, Dress and PDA**

Remember that you represent Rebel volleyball whether you are in or out of uniform. You are held to a higher standard than most students, and you are expected to conduct yourselves with maturity and self-respect. You must follow school dress code. Foul language and gestures will never be tolerated on or off the court. Public display of affection is not permitted. Consequences (at coach's discretion) will result. Repeated offenses can be cause for removal from the team.

### Drugs, Alcohol, and Tobacco

**There is absolutely no use of drugs, alcohol, or tobacco!!** This zero tolerance policy is in accordance with the Hays policy rules and consequences. Anyone caught using any of these substances will serve no less than a two-week suspension with a possible permanent removal from program. Note: Everyone is guilty by association.

### Attendance/Absences/Tardies to practice and games

Everyone is to attend all scheduled practices, games, and team meetings. It is the player's (not the parents) responsibility for calling the coaching office when you are sick, leaving school early, or have had a family emergency. The number is 268-2911 x 6239. Leave a message no matter what time you become ill. Excused absences will result in make-up running that must be completed before you will be allowed to compete. Unexcused absences will result in a conditioning punishment. Excessive absenteeism and/or habitual tardiness can result in suspensions and removal from the team.

All players are expected to ride the bus to all out of town matches. Parents will occasionally be allowed to sign their daughters off the bus to ride home, but no player will leave the gym until all Hays volleyball matches are completed. This applies to freshman, JV, and varsity players. If your team is not playing, you are expected to sit with your teammates and support the other teams. Only players who participate in other school-sponsored activities, such as band, dance team, or cheerleading, will be allowed to leave volleyball matches early. Players must be signed out by their own parent – any exceptions to this **MUST** be pre-arranged. The coaches reserve the right to make the players ride the bus home.

### Playing Time

Playing time decisions are motivated by each coach's obligation to produce a team that will defeat our opponent or by the coach's obligation to develop the skill of the entire team. No one individual is more important than the team. No two players will ever have equal playing time. Coaches on the sub-varsity level will attempt whenever possible, to provide playing time for every athlete on the roster, but these opportunities are **not guaranteed**.

Please do not assume you know the reasons for playing time decisions. Many factors may be involved in these decisions. Some examples are limited substitutions, preferred match-ups, or the quality of the athlete's practice performance leading up to the match.

There are several roles to be filled on each team, and athletes should be encouraged to fill whatever roll is asked to the best of their ability as each role is vital to the success of each team.

**If you as a player are concerned about playing time, it is your responsibility to talk to us, not your parents' responsibility. Coaches WILL NOT discuss playing time concerns with parents.**

### Off-Season Volleyball

Any player planning to try out for Hays volleyball in 2012 **MUST** be involved in the volleyball off-season program unless they are on the playing roster of another Hays HS sport that has a conflicting athletic period. (Serving as a manager for another sport is not reason to miss off-season volleyball). Make sure to plan schedules accordingly, as a player will not be allowed to miss off-season for academic classes if she plans to try out the following season. Seniors, however, will not be allowed to stay in volleyball off-season and must change schedules at semester.

## **Parent Guidelines**

All practices are closed sessions open to coaches, players and managers only. If a parent has a concern to discuss, please do not confront the coach before, during, or after practice, matches, or tournaments. These can be emotional times for both the parent and the coach. Call or email to set up an appointment.

### **10 Guidelines for Being a Positive Player-Parent**

from Volleyball USA, Winter 2002

1. Cheer your player on, be supportive of him/her, console him/her, but do it without judging him/her, the coach, the officials, or teammates.
2. Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
3. Encourage your child to seek his/her own answers. Coaches respect players who come to them and privately question their playing time or role. It immediately indicates they want more.
4. Understand the rules of the game and the coaches' philosophy. Substituting in volleyball has consequences.
5. Do your physical part as a parent. Get your child to practice on time and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Positions and talent sometimes do not match up. Coaches attempt to do what's best for the team, putting the best physical mix and best "chemistry" on the floor. That may mean that sometimes your son or daughter may be playing "out of position" in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive and maybe your child will flourish.
7. If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on his/her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence). If you are trying to resolve a problem, help your player by being a role model in the problem solving procedure.
8. Never approach a coach with complaints after a tough game. Wait to schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like being confronted after tough games.
9. Please think before criticizing anyone connected with your player's team. Criticism is contagious and often hurtful. The damage could be irreversible.
10. Visibly show that you enjoy watching your child perform; this will make him/her feel better about individual participation, no matter what the role is.

# Behavior Expectations of Spectators

- Remember that you are at the contest to support and cheer for your team, and to enjoy the skill and competition, not to intimidate or ridicule the other team or its fans.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for opposing players, coaches, spectators and support groups.
- Respect the integrity and judgments of game officials. Understand that they are doing their best to help promote the student athlete, and admire the willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Be supportive of your child's team and not just your child.
- Parents and spectators should be aware that a school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- Game officials can ask that school administrators have unruly fans removed from a contest facility.
- The school is responsible for the behavior of their spectators.
- Know that as spectators, you represent not only yourself but the school, program, and coach.

# Manager Responsibilities

Managers are extremely important to the success of our volleyball program and are utilized in many different capacities. We hold managers to the same standard that we hold the players. You are expected to follow the guidelines set forth by the athletics department as well as the guidelines specific to the volleyball program.

The following is a list of duties outlined for managers at different levels:

## All Managers:

- Manage equipment – towels, water bottles, camera, balls, etc.
- Help out at practice: run drills, keep score/time, shag balls, and other duties assigned by coach
- Attend all home and out of town games
- Run the camera
- Learn the statistics program
- Libero Tracking
- Line Judging
- Scorebook

## Varsity Managers

- Attend practice **at least** twice a week.
- Attend all varsity tournaments/scrimmages.

## Sub-Varsity Managers

- Attend practice at least once a week
- Attend all sub-varsity tournaments

We realize that some of our managers might be involved in other activities. We can still use your help when you are available, so please just communicate with the coaches if you have conflicts with the schedule.



## Hays CISD Publication Release Form

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher \_\_\_\_\_

Select one:

I am the person named above. I am over the age of eighteen (18) years.

I am the parent/legal guardian, or other person having full authority to execute the release of the above-named person.

I hereby grant permission to Hays Consolidated Independent School District to photograph and/or video the student named above and to use the photographs) or video clips in newspapers, district/campus website, brochures, newsletters, promotional venues, and/or instructional programs. The photograph(s) or video(s) are solely the property of Hays CISD. My child or I will not be paid a fee, stipend, or any other sort of compensation for his/her time not for the use of his/her photograph and/or video.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

# Volleyball Expectations

Player's Name: \_\_\_\_\_ Grade \_\_\_\_\_

I have read the volleyball expectations, understand them, and will abide by them.

\_\_\_\_\_  
Player's Signature

\_\_\_\_\_  
Date

I have read the volleyball expectations, understand them, and have discussed them with my child.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

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## Parent Contact Info

\_\_\_\_\_  
Mom's Name

\_\_\_\_\_  
Dad's Name

\_\_\_\_\_  
Mom's Email

\_\_\_\_\_  
Dad's Email

\_\_\_\_\_  
Mom's Cell Phone

\_\_\_\_\_  
Dad's Cell Phone