

HLO-F COYOTE VOLLEYBALL 2019

Varsity Coach:

Trista Rhubee

Cell Phone: (507)-830-0660

E-Mail: trista.rhubee@isd330.org

B-Squad Coach:

Rachel Isder

E-Mail: rachel.isder@isd505.org

C-Squad Coach:

Jason Fisher

E-Mail: jason.fisher@isd330.org

Junior High Coaches:

Donna Cook & Anne Woelber

E-Mail: donna.cook@isd330.org

Anne.woelber@swsc.org

Athletic paperwork needs to be turned into the office prior to the first day of practice:

- Physical Examination
- MSHSL eligibility form signed by both player and parent
- Activity fee
- Concussion baseline
- Handbook agreement signed by both player and parent

What to bring/what to wear during preseason practice:

- Water bottle and a snack
- T-shirt, shorts or spandex, socks, kneepads, and court shoes (no street shoes)

Practice:

- ***Players should be dressed, have the nets set up, and have arms warmed up prior to practice start time.**
- ***Equipment gets cleaned up and put away in the appropriate storage areas. It is everyone's responsibility to help clean up after practice before you leave.**
- *Practice is a priority **Athletes are expected to be at practice.** Athletes or their parents must contact a coach if they will not be in attendance prior to the start of practice. The sooner the better!
- *Any girl who misses more than one full day of practice (excused or not) in the first two weeks will not play in the first match and is not guaranteed floor time in the second match.

Varsity:

1. Attitude: players must be positive, competitive, demonstrate leadership, and eager to learn.
2. Athletic ability: Players with the ability to learn and perform complex skills in a fast pace game setting.
3. Position: Players whose skills fit a *specific* need for the team's overall balance.
4. Playing time is not guaranteed.
5. Must be in grades 7-12.

B-squad:

1. Attitude: players who are positive, competitive, and eager to learn.
2. Athletic ability: Players with the ability to learn and perform a variety of skills increasing in complexity.
3. Each athlete will play, but playing time is not guaranteed for every match.
4. Must be in grades 7-11 (exception: foreign exchange students)

C-squad:

1. Attitude: players who are positive, competitive, and eager to learn.
2. Athletic ability: Players with the ability to learn and perform a variety of skills.
3. Each athlete will play, but playing time will not be equal.
4. Must be in grades 7-10 (exception: foreign exchange students)

7th or 8th graders may be pulled up to the high school level at coaches' discretion at any point during the season with parent permission.

Hard work is an expectation:

When doing a drill and during physical activity, players will be expected to perform at full ability. Players are expected to run when shagging balls, when moving from drill to drill and when going to and from water breaks.

Attitude:

As a member of the Coyote volleyball program, you are expected to work hard, make mistakes, and learn from the mistakes, and continually strive for improvement. *Coaches will take note of players that follow directions, listen, and ask questions when necessary.*

Coaching Philosophy:

We strive to help our athletes improve their volleyball skills while also stressing the importance of accountability, responsibility, team unity, discipline, self-confidence, sportsmanship, and a desire to compete. We work diligently to create a safe environment where players can learn through making mistakes and receiving constructive feedback. Our program will foster opportunities for the development of communication, leadership, goal setting, and teamwork skills.

Coyote Volleyball Team Philosophy

THE TEAM COMES FIRST

As a member of the Coyote Volleyball team, you agree that your team is the greatest importance. Goals will be set for individuals and for the team. Usually these don't conflict, but if they do, a player accepts decisions made for the betterment of the team.

"The best way to improve your team is to improve as an individual."

TRUST AND RESPECT

Trust is paramount. Players must trust and respect their coaches and their teammates, and also act in a manor that earns their respect.

BALANCE

To balance academics, athletics, work, family, and leisure time, players must plan ahead and make choices that benefit the team. These choices affect future opportunities.

BENCH TIME IS PLAYING TIME

Whether a player is on the bench or on the court, they must maintain the same focus and enthusiasm. Accept that playing time is decided by the coach for the good of the team in the circumstances of the game. As athletes move up in levels, playing time on the court will not be guaranteed or equal. Athletes must understand the importance of an individual role for the benefit of the whole team.

OUR TEAM HAS FUN

You wouldn't have signed up for volleyball if it wasn't fun to you. If you are excited to get back in the gym for every practice and every game you have chosen the right sport. Be prepared to be surrounded by enthusiasm and excitement for the game of volleyball!

WE ARE ROLE MODELS

As a member of the Coyote Volleyball team you make a commitment to pass it on. You are a role model for future volleyball players. You represent our program and our schools, so we expect excellent behavior when we travel to other schools for games and tournaments. At matches we expect that each team supports the others and cheers on their fellow Coyotes.

PLAYING TIME

As a competitive volleyball program, playing time is earned. Line up decisions are primarily the result of careful consideration by the coaches about our own team's chemistry, and our opponent's strengths and weaknesses. *Playing time is earned by hard work and proven performance.*

RULES FOR COMMUNICATING WITH COACHES

We are glad to speak with you about your daughter, but request that you:

1. Have your daughter try to work out volleyball-related issues directly with the coach before enlisting assistance.
2. Discuss all concerns with the volleyball coaching staff first before contacting the activities director.
3. **24 Hour Rule:** If you are concerned about coaching decisions that require you to speak directly with a coach, we ask that you wait at least 24 hours. After 24 hours a face-to-face meeting is usually most effective and can be set up for after practice. We will not discuss anyone other than your daughter or persons directly involved in the concern. Remember challenges create learning experiences.

E-MAILING COACHES

E-mailing coaches about practice, game times, or just communicating questions is okay, however, e-mailing a coach about playing time or other coaching decisions is not effective communication and will not be responded to.

SPORTSMANSHIP

All players, coaches, and parents are expected to demonstrate the highest level of sportsmanship. Please cheer for our teams' efforts and successes.

- While in the gym keep all comments positive
- Take the time to learn more about volleyball rules and strategy
- Do not argue with the refs! Leave it up to the coaches and team captains.

LETTERING CRITERIA

1. All players who have played in a minimum of 3 varsity matches will letter.
2. Any other special circumstances will be at the coach's discretion.

ACADEMICS

As a member of the Coyote Volleyball program you must remember that academics come first. You are expected to...

1. Attend all classes and be on time
2. Turn in assignments on time → Being in athletics is not an excuse. If there is an away game the same day an assignment is due and it's an early dismissal you are expected to turn that in before the bus leaves.
3. Keep up with the classes → Work hard to be an achiever in the classroom as well as on the court
4. Keep teachers informed → If we have an away game that requires teams to leave early, tell the teacher ahead of time, not the day of.
5. Athletes are expected to be on time for school the day after athletic competitions.
6. Academic grades will be checked by the coaching staff regularly.

CONDUCT

Any player behaving in a manner that may be detrimental to themselves, the team, the program, or the school will be handled how we, the coaching staff, best see fit. More specific regulations will be established if necessary.

AWAY GAMES

Players are expected to ride the bus to and from away matches. Bus rides are a great time for team bonding, discussions, and cool down. Permission must be received from Coach to not ride the team bus and it will only be given for special circumstances. Players need to be on the bus and ready to go at the scheduled bus departure times.

OTHER RULES:

- Players are not allowed to participate in physical activities such as powderpuff football or ultimate Frisbee if the coaches specify and players will sit a game if they choose to go against the coaches directions.
- No cell phones. There will be a special container provided that will always be locked and kept close to the coaches. Cell phones will be placed in the container before entering the bus for away games and they will be put in the container before the C-squad warm-ups start for home games. Cell phones will be returned after Varsity games are over and cleaned up.

IMPORTANT DATES:

1. **Meet the Coyotes August 26th Scrimmage @ 6:30**
2. **Poster signing night - September 10th vs. Springfield (Fulda)**
3. **Wildcats Against Cancer - September 23rd vs. Windom (Okabena)**
4. **Parents Night – October 1st vs. MCC (Fulda)**
5. **Senior Night – October 14th vs. Ellsworth (Okabena)**

We have read the volleyball handbook. We understand the expectations and agree to follow the rules that accompany participation in the program.

Parent Print Name

Parent Signature

Student Print Name

Student Signature