

2016 Kimball Cubs Volleyball Player and Parent Guide



2016 Motto: "We Don't Quit!"

Kimball Volleyball Coaching Staff

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Kimball Cubs Volleyball Mission Statement 2016

The Kimball volleyball program
will work to provide a positive volleyball experience,
promoting a love of the game, a competitive spirit, and a respect for team.

August 10, 2016

Dear Players and Parents,

The 2016 volleyball season is upon us. On August 15, student athletes will begin their mission of success. Kimball Volleyball continues to improve; that growth will continue this year. From Junior Olympic participation to the off-season training hours our athletes completed, we have every reason to believe in the increasing success of our program.

Every decision we make as coaches will be guided by our mission for the 2016 season. Based on our years of experience as players and as coaches, our staff is committed to promoting a love of the game of volleyball. If we didn't love the game and love working with the girls, we would not be coaching. We want our players to feel the intensity of competition and feed on its energy. A competitive spirit will serve all of our athletes well, regardless of what their future holds. Finally, a respect for team allows the athlete to understand how interpersonal relationships are a key to success in all facets of life. The ability to work with others toward a common goal is a skill all employers are looking for in their future employees.

We are pleased that the players and parents of the 2016 Kimball Cubs volleyball team are joining us on this journey. Please take the time to read through this packet. It is essential for both players and parents to know and understand our expectations and policies; your signatures on the final page of this packet mean you have signed on for the mission. The packet includes information about our staff, goals, policies, and expectations for the season.

As our successes continue, more student athletes continue to join our program. It is important to note that Kimball Area High School has a no-cut policy. As coaches, we want athletes who are dedicated to improving the program, working hard, and challenging themselves. Athletes will earn positions and playing time on our varsity, junior varsity, and c-squad teams. It is our intent to create a roster that is best for the success of the team. The team is our focus, and our decisions regarding rosters and playing time will be based on that focus. If you have any questions, please speak with one of the coaches.

We look forward to the season ahead. Trust us to make the decisions about what is best for the Kimball Cub volleyball program. Our knowledge and experience will guide us in our mission.

Sincerely,

Tabitha Mortenson

Program Goals

- *Instill the value of teamwork
- *Develop communication skills
- *Improve technical skills
- *Create a winning environment

Player Policies and Expectations

- Attend all practices, games, and events. **Failure to attend any of these items may result in a loss of playing time as determined by the coaching staff.**
- In the event that you are unable to attend any function due to personal emergency, contact your coach immediately and tell them the pertinent details.
- Be on time! It is inconsiderate to coaches and teammates to be late, and it will not be tolerated.
- Make volleyball a priority in your life. Manage time accordingly so that there are no conflicts.
- Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, your team, and your school.
- No PDA!
- Report all injuries to a coach.
- No swearing in practice or in games.
- Treat teammates, coaches, officials, and opponents with courtesy and respect even when you are down or in a bad mood.
- Never criticize a teammate to her face or behind her back, on or off the court.
- Do not sulk. If you have a problem or a complaint, speak to a captain or a coach.
- Maintain good nutrition. Continue to cut down on junk food while working on improving your diet.
- Plan time wisely. Manage your time so that you can accomplish all that is necessary and still get a good night's rest.
- Sit behind the team at all games. Junior varsity and c-squad players are expected to take statistics during the varsity game.
- **Players and parents with concerns should follow the chain of command in addressing issues. Players should talk to their captain (or coach if the concern involves the captain), then their coach, the head coach, and finally the athletic director if the concern is not resolved. Parents should talk directly with their daughter's coach, then the head coaches, and finally the athletic director. Coaches or parents may call in the athletic director to mediate the situation if they feel it is necessary. Emails or phone calls may be used for items of basic communication, i.e. schedule, attendance, etc. Anything involving player issues including playing time will not be communicated through email. Please visit by phone or face-to-face meeting.**
- In the event of speaking about player issues, coaches **will not** discuss other athletes. Other concerns are welcome to be discussed, but please remember that playing time is determined by coaches. Please wait 24 hours after a match to speak with a coach. Addressing a coach with concerns at the match is inappropriate.

Academics

- Make academics a priority. Attend all classes, and do all assignments on time and to the best of your ability. Failure to do so may result in a loss of playing time.
- Remember the difference between HOMEWORK and STUDYING. You may finish your homework, but there is always some studying to do.
- Meet every academic obligation.
- Stay academically eligible.
- Discuss class conflicts with teachers as soon as you are aware of them.
- Report to all classes on time. An unexcused absence or tardy may result in a loss of playing time.

Practice Expectations

- Come to every practice and fully participate from start until finish.
- If you know you will miss a practice, communicate this to the coaches directly to receive approval. Do not expect a teammate to relay the information. It will not be excused.

- Written notifications are necessary when you will be missing practice, or if you have missed practice.
- Be on time and ready to go. During the school year, you are expected to be ready to practice at 3:25. This means that you are taped, in proper practice attire, and ready to participate at the set time.
- Be mentally ready to practice. Leave problems at the door.
- Do not use practice time to socialize with teammates.
- Visitors are not allowed at practice.
- Plan work around your volleyball schedule-work is not excused.
- Wear proper attire: Proper shoes and socks, and no tank tops, midriffs, or jewelry. Players are encouraged to wear volleyball shorts (spandex) in practice.
- No cell phones are allowed in the locker rooms. Coaches may lock them in an office if needed.

Attendance

- If you miss a practice for unexcused reasons in the week leading up to the match, you will not start and/or play the next match.
- If you are not in your first class the day following an away match, you will not start the next match.
- Excused absences include family emergencies, religious activities, school related activities, and these must be pre-approved by coach. No exceptions.
- Unexcused absences include, but are not limited to work, tanning, haircuts, senior pictures, State Fair, etc. Reschedule these activities or reconsider your priorities.

Travel

- Arrive before departure time. **We will leave without you if you are late and you will not play.**
- Everyone travels with the team. We encourage you to ride home with the team, however, in necessary situations, you may travel home with your parents after the game provided that your coach has spoken with the parent(s) and has a note from the parent. (This is to ensure safety.)
- Everyone is responsible for keeping the bus's interior clean. Pick up your own trash.
- Locker rooms are to be left clean. Dirty towels, tape, paper cups, and so on are to be placed in proper areas.
- Bring all necessary equipment with you or you will not play.
- C-Squad is responsible for transportation of both medical kits.

Consequences for Violations of Policies and Expectations

Athletes must realize that there are consequences for failure to meet policies and expectations of the coaches and the team. Coaches will do their best to be certain all rules and policies are enforced and that consequences are fair, immediate, and appropriate. The most common consequence for all infractions will be a loss of playing time. If a player has an unexcused tardy or absence from practice:

- 1st violation: Will not play the next game
- 2nd violation: Will not play the next match
- 3rd violation: Excused from the team

We wish to do what is best for the team and have created what we feel are appropriate consequences. Many Kimball athletes dedicate themselves fully to the sport, and it is unfair for them to suffer because of other players' actions.

Choosing Teams

As coaches, we evaluate your daughter on many things. We look at her skill level, how well she practices, how well she works at understanding the game, her attitude and dedication, and how best she will help the team. Athletes will be placed on the team that is best suited to her ability and attitude.

Attached is a copy of the calendar for August, September, and October's practices, matches, and tournaments. If anything changes, we will notify the girls and make the appropriate changes on the website.

Parent and Athlete Information/Mission Agreement

Athlete Name _____

Grade in School _____

Parents' Names _____

Home Phone Number _____

Parent Cell Phone Number _____

I, the undersigned, have read through the Kimball Volleyball parent and player guide. I understand the policies and expectations for the athletes. I will do my best to support the mission and goals of the Kimball Volleyball Program.

Player Signature _____

Date _____

Parent Signatures _____

Date _____

This must be signed and returned to coaches by Wednesday, August 17, or the player will not be allowed to practice. When the form is returned, the athlete will be allowed to resume practice.

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Preseason Practice Starts 8-12	16 Preseason Practice 8-12	17 Preseason Practice 8-12	18 Preseason Practice 8-12	19 Preseason Practice 8-12	20	21
22 Preseason Practice 8-12	23 Preseason Practice 8-12	24 Preseason Practice 8-12 Possible Scrimmage?	25 Preseason Practice 8-12	26 Practice 8-10 Poster Making 10-11 Taco Feed 11-12	27	28
29 Practice 3:25-5:30	30 Game Vs. Ogilvie JV/C 5:45 Varsity 7:15	31 Open House Night 4-7 Varsity Practice Pending				
Vs. = Home @ = Away						

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Practice 3:25-5:30	2 Practice 3:25-5:30	3	4
5 No Practice Labor Day	6 Practice 3:25-5:30	7 Practice 3:25-5:30	8 @ Paynesville JV/C 5:45 Varsity 7:15 Bus Leaves 4:30	9 Practice 3:25-5:30	10 Sauk Rapids Tourney (Varsity Only) 9:00 Bus Leaves 7:45	11
12 Practice 3:25-5:30	13 @ Litchfield JV/C 5:30 Varsity 7:00 Bus Leaves 4:30	14 Practice 3:25-5:30	15 VS. EVW JV/C 5:45 Varsity 7:15	16 Practice 3:25-5:30	17 EVW Tourney (JV ONLY) 9:00 Bus Leaves 8:00 Youth Volleyball 9-11	18
19 VS. KMS JV/C 5:45 Varsity 7:15	20 @ HLWW JV/C 5:45 Varsity 7:15 Bus Leaves 4:30	21 Practice 3:25-5:30	22 VS. Royalton JV/C 5:45 Varsity 7:15 Parents Night	23 Midwest Volleyball Tourney Burnsville (Varsity Only) 4:00 Bus Leaves 2:00	24 Midwest Volleyball Tourney Burnsville (Varsity Only) 9:00 Bus Leaves 7:00 am	25
26 Practice 3:25-5:30	27 @Foley JV/C 5:45 Varsity 7:15 Bus Leaves 4:15	28 Practice 3:25-5:30	29 VS. Holdingford JV/C 5:45 Varsity 7:15 Seniors Night	30 Practice 3:25-5:30		

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 C-Squad Tourney @ Maple Lake 9:00 Youth Volleyball 9-11	2
3 @ Norwood Young America JV/C 5:30 Varsity 7:00 Bus Leaves 3:45	4 Practice 3:25- 5:30	5 Practice 3:25- 5:30	6 @ Maple Lake JV/C 5:45 Varsity 7:15 Bus Leaves 4:40	7 Southwest MN University Tourney (Varsity Only) TBD Leave Time TBD Overnight Stay	8 Southwest MN University Tourney (Varsity Only) TBD	9
10 Practice 3:25- 5:30	11 Vs. Pierz JV/C 5:45 Varsity 7:15 Dig Pink Activities TBD	12 Practice 3:25- 5:30	13 @ Upsala C 5:00 JV 6:00 Varsity 7:30 Bus Leaves 3:30	14 Practice 3:25- 5:30	15 Youth Volleyball 9-11	16
17 Practice 3:25- 5:30	18 Vs. BBE JV/C 5:45 Varsity 7:15 Homecoming Dig Pink Activities TBD	19 Practice 3:25- 5:30 JV/C Turn in Uniforms	20 MEA Break Varsity Practice 8-10	21 MEA Break Varsity Practice 8-10	22	23
24 Playoffs Begin TBD Practice 3:25	25 Playoffs TBD Practice 3:25	26 Playoffs TBD Practice 3:25	27 Playoffs TBD Practice 3:25	28 Playoffs TBD Practice 3:25	29	30