



Elmwood Community Schools
J.H. Volleyball Expectations

Elmwood Junior High Volleyball Expectations

Congratulations to all of you for making the volleyball team! I am excited to mentor each and every one of you this season. Included on the following pages is my philosophy and expectations for the season.

Philosophy

As a coach of Elmwood Junior High Volleyball, I am here to instruct students not only to become competitive athletes in the sport, but also to encourage students to foster academic success, build character, self-motivation, and positive attitudes. Players will establish mental strength by learning from their mistakes, communicate with teammates and coaches, and work together as a team; and they will use this to become more successful, competitive, self-motivated, and positive athletes. Student-athletes are students first, and they will learn emotional control, honesty, cooperation, dependability, respect, and a winning mentality on and off the court. My goal is not only to create athletes, but to also assist in character development to prepare them for the real world and high school as well.



Contact Information:

Email: fappell@elmwood322.com

Remind: text the code @elmwoodju to the #81010 for text message updates

Google Classroom: each athlete can also be updated right from our own classroom page:

<https://classroom.google.com/c/MTg5NDA1MTIzMTcw?cjc=xzovecqi>

Materials Needed:

- All athletes are also required to purchase their own black or white volleyball shoes and knee pads
- Each athlete will be issued a uniform that includes a top and shorts. If she wishes to wear black spandex instead of these shorts, that is fine and is recommended. However, they do need to cover the buttocks completely.
- Each athlete will be responsible for bringing her own water bottle to practices and games.
- All athletes need to provide their own mask. Black is preferred for games.
- It is a COLD season. The girls need to wear pants to and from practice and games.

General Expectations:

- All athletes must follow the COVID-19 policies and procedures. .
- Athletes must follow the student handbook.
- Athletes must keep up their grades to be eligible to play.
- Athletes are expected to conduct themselves in an appropriate manner in class, on school grounds, and in the community. Each athlete will control her emotions and behavior at all times, whether she is dealing with parents, staff members, coaches, referees, or teammates. Inappropriate facial expressions, gestures, body language, and foul language are inexcusable.
- NO JEWELRY can be worn for games or practices.
- BE ON TIME: This means you are dressed and ready before practice starts. We will warm up right at the designated time. Please be on time for report time for games as well. This is typically 10 minutes before the bus leaves.
- While practicing, playing on the court, or sitting the bench, there will be a supportive atmosphere for fellow teammates.
- All team members will ride to and from the matches on the bus unless prior approval is given to ride home with a parent/legal guardian. You must sign out before leaving away games. If you are riding home with another parent, you need a written note from your parent/legal guardian stating who you are riding with.
- Dress appropriately for all games. We may dress up or have theme days throughout the season.
- Teams that aren't playing will assist the team playing during warm-ups. You must wear tennis shoes on the court and have all jewelry removed. No phones or electronics are allowed on the court.
- Hair must be pulled up during games. No glitter, and no markings on your hands. No jewelry should be worn.
- During practice, warm-ups, and gameplay, cell phones should not be used.
- Athletes, coaches, and parents will respect all parties involved in the organization.
- **Any student that does not follow the rules, has unexcused absences, or other disciplinary issues will receive consequences per the coaches' discretion based upon the situation. Multiple occurrences will result in possible removal from the roster.**

Practice and Attendance

- Practices are mandatory, and it is expected that you attend every practice. **If something comes up and you have to miss, you must let us know as soon as possible prior to practice.** Anyone missing practice that has not made arrangements **prior to practice will receive an unexcused absence.** A player receiving **three unexcused absences will be dropped from the roster.**
- **You need to be on time for practice!** This means that you have all of your personal apparel on, all jewelry is removed, the net is set up, and volleyballs and other equipment is out to use.
- Players must hustle throughout the entire practice, maximize their use of practice time, accept constructive criticism from all coaches and teammates, be respectful towards all parties, refrain from using cell phones, socializing, and foul language, and properly tear down and put all equipment away after practice. Practice is dismissed after the coach debriefs and dismisses you.

Game Day

- All games are mandatory and must follow the school attendance policy in order to participate in the match.
- All players will arrive before the start of the 7th-grade match and stay through the 8th-grade match.
- During the match, all players should sit together as a team and refrain from using cell phones so that they can support and respect the team that is playing.
- Every position on the court is important. It is expected that you have positive attitudes and play aggressively as a team. **Negative attitudes on the court will not be tolerated,** so make sure you come to each match with a clear head and a healthy attitude.

Meetings

- The athlete must first ask for a private meeting after practice with the coach if she has any questions or concerns first before involving parents. This teaches them responsibility and open lines of communication between players and staff. This should be set up in person, text, or email. Please do not approach a coach right after a game when emotions might be high. Give it at least 24 hours, and disclose to the coach the purpose of the meeting.
- If parents need to get involved, parents should contact the coach by phone or email. The parents, athlete, and coaches will then set up an appropriate time to conduct a meeting where the coaching staff will listen to concerns and try to come to a resolution. If needed, an administrator may be present.
- Both players and parents should follow the chain of commands. If anyone is unhappy, they need to come to coaches first, not the AD or administration. If after speaking to the coach problems or concerns are not resolved, then you may contact the AD or principal for further assistance.

My main goals are to help each of these athletes grow individually in character as well as improve their volleyball skills. I just ask that all parties involved will remain positive and work together. I will be understanding of circumstances and conflicts that may arise; however, I do expect athletes to be at all practices and games. If there are conflicts, please be sure to communicate those with me so that we can work out a solution. If you have any questions or concerns, please feel free to email me at fappell@elmwood322.com or use the Remind services to contact me.