

***Warroad Warriors
Volleyball
Handbook***

2019

2018 WARROAD WARRIOR VOLLEYBALL

The purpose of this handbook is to establish in writing the standards for those who participate in the Warrior Volleyball Program at all levels. There are several guidelines within this handbook to help clarify the expectations, requirements, roles, and rules for the members of the Warroad Volleyball Program and their parents.

HEAD COACH PHILOSOPHY

Welcome to another exciting year of Girls' High School Varsity Volleyball. The coaching staff will be committed to continuing player development in all areas of the game of Volleyball.

The coaching staff will concentrate on team unity, conditioning, basic volleyball skills, and advanced volleyball systems in order to advance the WHS Girls' Volleyball program to the next level in their volleyball experience. The coaching staff truly hopes this will be a positive and rewarding experience for all the players in our program. I expect all of our athletes to compete each day be it in practice or competition. I believe our athletes need to be pushed and to create a competitive attitude in all they do on and off the court. They will be disciplined in all they do showing respect for the game and those involved. I believe the intent of sports is to create, discipline, work ethic, teamwork and passion for sports. All of these things are transferable to life. My moto is simple "BE GREAT". Be Great in everything you do. (School, Family, Relationships, Sports and Community)

CODE OF CONDUCT

- 1) **Conduct** is very important for the athlete because they are acting as representatives of the Warroad Public Schools and Community and are expected to behave as such. Any questionable behavior will be dealt with at the discretion of the coaching staff and the Athletic Office. Remember, actions speak louder than words!!
- 2) **No** use of drugs, alcohol, or tobacco. MSHSL rules apply.
- 3) **No** Casino, Breakers Bar, or Canadian liquor establishments.
- 4) **No** foul language will be tolerated.
- 5) Be at **practice on time** with shoes on and tied, ankle braces on, shirtsleeves pulled up if desire (the school will not provide tape for this purpose), and knee pads on ready to begin. **IF YOU ARE ON TIME YOU ARE LATE!!!!**
- 6) **No** alcohol shirts, opponent attire, tank tops, jewelry, or metal hair ties during practices or games.
- 7) Come to practice and matches mentally, physically, and emotionally **prepared**.
- 8) All players will be **supportive** of their teammates and other teams within the program.
- 9) **Communicate** with you coaches, teammates, and parents.

REQUIREMENTS FOR PARTICIPATION

All players participating in the WHS Girl's Volleyball Program must meet the academic requirements set forth by the Warroad High School and the substance abuse rules set by the Minnesota State High School League (MSHSL).

A student athlete must balance their time between academics and athletics. However, certain academic standards must be met in order to participate in athletics, **therefore, school responsibilities come first!!**

The minimum requirements for participation in the Warroad Volleyball Program are as follows:

- 1) **Must** be in grades 7-12.
- 2) **Must** be making satisfactory progress and grades in the classrooms. (See Academic Eligibility)
- 3) **Must** have a current physical examination on file in the Athletic Office. (Every three years)
- 4) **Must** fill out Athletic Eligibility paperwork (MSHSL) through the Athletic Office.
- 5) **Must** fill out Activity Permission Slip through the Athletic Office.
- 6) **Must** fill out Authorization to Participate in Activities through the Athletic Office.
- 7) **Must** pay Participation Fee prior to the first day of practice. (If your daughter is cut or quits within the **first two weeks** of practice, this fee will be refunded through the Athletic Office.)
- 8) **Must** have on file with your coach the Signed Form of Agreement of the information provided in the handbook. (Due to your coach on **August 20th**.)
- 9) **Must** attend and participate in practices, competitions, and work at the Warroad Tournaments and fundraising activities during the volleyball season.

Academics:

We will follow the new eligibility as determined by our high school it is still in the process of being determined.

MSHSL Penalties:

All WHS Girls' Volleyball Team members will adhere to the MSHSL rules regarding the use of drugs, alcohol, and tobacco. A brief summation of these rules states that: Any player caught using or in the possession of alcohol, tobacco, or a controlled substance will be punished to these standards:

First Offence – Two weeks or two events whichever is greater.

Second Offence - Three weeks or six events whichever is greater.

Third Offence - Four weeks or twelve events whichever is greater.

Warroad High School Penalties:

Warroad High School has revised these penalties as our school feels that more emphasis be placed on controlling the problem of controlled substances abuse. Warroad HS penalties, as of August 12, 2002, are;

Penalties for the use of mood altering chemicals: Use or possess alcohol: Use or possess tobacco: Use or consume, have in possession, buy, sell, or give away any other controlled substance.

A. Category I Activities (Including Girls' Volleyball).

- 1. First Violation: Two contests or two weeks whichever is greater.
- 2. Second Violation: Eight contests or four weeks whichever is greater.
- 3. Third and Subsequent Violations: 365 days

B. Third and Subsequent Violations.

- 1. A student on his/her third or subsequent violation will be eligible for activities at the beginning date of that sport season (fall, winter, or spring) in which the offence occurred.
- 2. Example: A student athlete committed their third violation on December 31st, 2017. They would not be out for 365 days, but would be eligible for winter sports on November 1st, 2019 (or first day of practice) or 304 days after the violation. But, if a student athlete had their third violation on July 4th, 2018 they would not be eligible until July 3rd, 2019 or 365 days.

C. Second and Third Violations.

- 1. The student athlete and parents of a child who commits a second or third violation will meet with the Warroad School Social Worker, Counselor, High School Principal, and Activity Director.
- 2. **Rational – Get help for the Warroad athlete with their chemical abuse problem.**

Note: There are complete and detailed Academic Eligibility Information rules for both MSHSL and Warroad High School available from the community Education Office.

**“Excellence is in the details.
Give attention to the details in everything you do
and excellence will come.”**

-Perry Sexton

RISK OF PARTICIPATION

As in all sports, there is a risk of injury associated with girls' volleyball. The coaching staff will do their best to promote safety for all the Warrior players by teaching proper techniques and to ensure a safe environment. It is mandatory for all players to have kneepads, white in color. It is mandatory for all varsity players to wear Active Ankles supplied by the Coaching Staff.

“Anything worth doing is going to be difficult.”

- Unknown

FINAL TEAM ROSTER SELECTION AND REDUCTION

The best players within our community will represent the Warroad Warrior Girls' Volleyball Program. There will be a tryout open to all high school age players (grade 9-12) and to invited middle school age players. All players who decide to tryout will be given at least 3 practices to showcase their talents to the coaching staff. Coaches will meet with all players and explain where they fit into the program. Criteria for squad reduction and squad selection include, (but are not limited to):

1. Skill level.
2. Commitment and dedication to our team.
3. Conduct on and off the court.
4. Attitude toward volleyball, teammates, and coaching staff.
5. Production on the court.
6. Attendance at school, practices, scrimmages, and games.
7. Work ethic and effort.
8. Player coachability.
9. Total number of athletes attending selection camp.

Remember it is a privilege not your right to wear a Warrior uniform.

The criteria used for the initial squad and reduction will also be used during the course of the season, as the coaching staff will dismiss players for behavior unbecoming of a Warroad Warrior student athlete. If a player abuses any of the rules, requirements, and standards mentioned in this handbook, they will be subject to dismissal from the team at any time during the course of the season for infraction both on and off the court.

PLAYING TIME

Part of my philosophy as Head Coach of a High School Varsity sport is to place emphasis on winning games. As Head Coach, my strategy is to play the members of the Warriors Girls' Volleyball Program who will contribute the most toward a winning outcome during scheduled games. There is no such term as "favorites" or "pets" in my strategy as some may see it, just the fact that some players will be more productive on the court than others. All players will dress and be on the bench, but all players may not play.

Playing Time is a sensitive subject on any high-level volleyball team. I want you to be clear about my expectations and how I make my decisions.

- 1.) You must learn to play one of the following roles:
 - a.) Stud
 - b.) Winner
 - c.) Stabilizer
- 2.) You must display strong interpersonal skills
 - a.) Be a energy producer
 - b.) Resolve conflicts
 - c.) Be a giver, not a taker
- 3.) You have to develop a strong skill base measured by our statistical evaluation system.
- 4.) You must display a commitment to team guidelines.
- 5.) You must display a competitive attitude during practice and in competition.
- 6.) You must display a commitment to strength training, conditioning, nutrition, and solid sleep and rest habits.
- 7.) You will also be evaluated according to several "intangibles," such as your ability to inspire others, your ability to play well during critical moments in a match, your ability to be a "player," and so forth.

As Head Coach, **I will not** guarantee any player any playing time during scheduled Varsity competitions at any time during the season or playoffs no matter who the competition is. Injuries and academic eligibility will also be a factor in playing time.

As Head Coach, **I will** guarantee playing time for every player at every **practice** and do my personal best to improve every players' skills, knowledge, and talents so they will have a better opportunity to see any or more court time.

As Head Coach, **I will not** guarantee equal court time to players at any time during the season or playoffs Every second of court time will be earned.

As Head Coach, **I will not** consider playing time to be an issue for discussion by **team members or parents regarding** concerns about Warrior Girls' Volleyball. The Head Coach will make the final decision regarding playing time.

As harsh as this section sounds, it is necessary in order to maintain the intensity of the team and it will promote individual development as we strive for excellence within our program.

ADDRESSING THE COACH

If at some time during the season, a player or parent has an issue they would like to discuss with the coach, please consider the following items:

1. Players will address the Head Coach by using Coach Culleton, Coach, or Mr. Culleton. I feel it is inappropriate to be referred to by a nickname or by my first name at this level of volleyball. The same is true for the rest of the coaching staff.
2. Do not approach the coaching staff with a problem during practice, before, or after a game. If parents need to speak with the coaches, call the Community Ed. Office (386-2256) and leave a message for me or call me at home (204-437-3168) to set up a meeting. Players should see me about problems well before or after practice or call the above phone number to schedule a meeting. **Never before games.**
3. Be civil. A loud confrontation in the gym will not solve the problem. Gather all the facts, as well as your composure, set up a meeting, and then we may have a calm, productive and rational meeting.
4. If there are player confrontations on and off the court that are causing a breakdown of team unity, a meeting with all involved team members and coaches will be held at the coach's discretion. I expect the team members to immediately bring team unity concerns to the coaching staff as, in my opinion, this is the most important aspect of a successful team during the course of the season.

**“If you are not part of the solution
then you are part of the problem.”**

-Unknown

ROLE OF CAPTAINS

- 1) Act as a liaison between coaches and players.
- 2) Lead by example on and off the court.
- 3) Set pace for practice and games.
- 4) Enforce team rules.
- 5) Keep order at practice, in locker room, and on the bus.
- 6) Be dedicated to becoming the best volleyball player **you** can be.
- 7) Along with the coaches, assess breakage of team rules and decide on disciplinary action.
- 8) Communicate with teammates, coaches, and parents.
- 9) Promote the **TEAM** concept.

LOCKER ROOM RULES

Players are to keep their belongings in a locker assigned to them. Keep the locker locked and do not give your combination to anyone. Do not leave valuables or money in them. Players will keep the locker room clean on a daily basis, no wads of tape on the floor, clothing and books inside of the locker or they will be thrown in the trash. On away trips, we will leave their locker room cleaner than when we arrived. If this comes to the attention of the coach, the penalty will be conditioning. The coaches are not responsible for lost or stolen items. No horse-play will be tolerated. No parents or friends are to be in the locker room before or after a game. All varsity players will not be allowed to begin to dress or leave the locker room area after a game until I (Coach Culleton) have had a chance to discuss the game and results.

COURT REGULATIONS

- 1) Must wear clean tennis shoes in the gym at all times.
- 2) No lotion allowed on players' legs or arms.
- 3) No gum or pop allowed.
- 4) If you see something on the floor, notify a coach immediately
- 5) If something happens that causes blood, contaminated clothes will be removed immediately.
- 6) No horse-play will be tolerated, or athlete will be asked to leave.
- 7) Appropriate attire (See Code of Conduct).

ATTENDANCE POLICY

School attendance and practice attendance are mandatory for participation in volleyball matches. If you are too sick to attend school, then you are too sick to practice and therefore, too sick to compete in a match. Everyone is expected to attend all practices. Players must attend and participate in the practice before a match to start in the next match. They must also attend and participate in the next practice after a match they have competed in to be eligible for the next match. Any unexcused absence will result in a one match suspension from play.

Prearranged absences because of medical visits (doctor note provided to appropriate coach), religious obligations, and other school activities will be acceptable excused practices. If you are unable to attend practice you (not a friend) must notify your coach that day **before** practice or it will be considered an unexcused absence.

Leaving practice early: If an athlete needs to leave practice early, the coach must be informed of this **before** the start of practice. The player **will need a note** in order to be excused. If no note is given, this will be treated as an unexcused absence (a one game suspension will be served). There will be additional conditioning for those players who leave early.

School attendance is mandatory one half day to practice or participate in a scheduled event that day. Coach's discretion will determine playing time in all situations.

PRACTICE DATES AND TIMES

Tentative practice dates and times will be handed out to the athletes. If times change the athletes will be notified. Middle School practices will begin at 3:15. and end at 5:00 p.m. Varsity through C Squad practices begin at either 3:15 p.m. and end at approximately 5:30 p.m. The first 2 weeks of practice can be found in the schedule provided at this meeting.

Practice begins at 3:15...if you are on time...you are late.

BUS RULES

Warroad Public School will provide transportation to and from all volleyball events. **All** volleyball players will ride the bus to and from a match. The **TEAM** will ride home together, thus eliminating individual parent transportation. This provides a team atmosphere, as well as coaches are able to discuss the game with their players to and from the match. Should there be a special reason that you need to not accompany the team, you must clear it with your coach **in advance** and have you and your parent sign the travel waiver form. **ONLY** extreme exceptions will break this policy. Another player may not be transported with another player's parent.

The players will conduct themselves in a safe and respectful manner on the bus. The bus will be cleaned by the players upon return from an event. It is expected that the bus will be cleaner than when we got on it.

GAME DAY DRESS CODE

Warroad Volleyball members are expected to "dress up" on all home and away games. There will be no **BLUE JEANS** worn on these days. Penalty for players of this will include not being able to play the first game of that match. Penalty for managers include having to work an extra weekend tournament or extra cleaning duties.

Dress for weekend tournament will be more casual and at the discretion of the coaches. Appropriate attire may include wearing sweatpants, t-shirts, or sweatshirts with the Warrior logo on it. Remember we represent the Warroad Public School and the Community and we will represent ourselves as such.

**"My philosophy is not only are you
responsible for you life.
But doing the best at this moment
puts you in the best place for the next moment."**

Oprah Winfrey

LETTERING POLICY

Only Varsity players and Varsity managers receive sports letter awards.

- 1) A player must play in a least half of the matches the Varsity team participates in and is a member of the playoff team.
- 2) A manager / video person needs to have been a manager for two years.
- 3) Any player who has competed throughout their senior year and has not yet earned a letter award may still receive a letter award if the coaching staff feels that the player has been a positive contributor to the volleyball program.
- 4) All letter awards are at the discretion of the Varsity coach.
- 5) Senior plaques will be awarded to seniors that have received a Varsity sports letter. The plaque will be presented after the last season of participation by the senior.

“Persistence is the hard work you do after you’ve finished doing the hard work you already did.”

-Unknown

Fundraising and Booster Commitments

Warroad Volleyball is currently in the process of doing three yearly fundraisers that all ages must participate. The first is the parents working the doors at all home games. All parents must sign up for these days at the beginning of the year, if you do not sign up you will be asked. **As a volleyball parent it is your responsibility to find a worker to take your spot if you cannot work, it is not the responsibility of our Booster club executive.** Second is the football tailgates parents will be responsible to help with some food preparation. Third is the MS Tournament all athletes from 9th -12th grade are **REQUIRED** to work this tournament. The monies from these events and the monies from volunteering with ticket taking, line judging, score book, and clock go toward equipment, clothing, lodging or special items throughout the season.

AWARDS BANQUET

The Awards Banquet is TBD.

Costs associated with Volleyball

Meals and all costs not associated with travel

ROLE OF MANAGERS/VIDEO PERSONNEL

Managers and video personnel are part of Warroad Volleyball and play a vital part in the success of the program. They will be treated fairly and thanked for the job they do by all members of the program.

Beginning of Season Jobs

- 1) Record players' shirt numbers and short sizes.
- 2) Record number of practice and game balls.
- 3) Pump up balls if needed.
- 4) Divide ball according to number of athletes at each level into appropriate carts.
- 5) File/organize paperwork such as travel waivers, medical release forms, eligibility forms, stat sheets in appropriate folders and drawers for each coach.
- 6) Assist with getting equipment down from upstairs.

Daily Jobs

- 1) Replenish medical kits.
- 2) Wash towels and distribute to all coaches.
- 3) Assist with getting equipment out of the locker rooms and into appropriate gyms.
- 4) Assist any coach at any level with practice. The coach will post this information such as date and approximate time on a calendar in the coaches' room. Check this calendar daily.
- 5) Keep the coaches' room door shut and/or locked so non-personnel or players may not enter.
- 6) Assist in organizing the coaches' room such as keeping it clean and organized.
- 7) Replenish any paperwork such as stat sheets for each appropriate coach.
- 8) Assist in completing stat sheets if needed.
- 9) Assist with finding specific footage or taping of a practice or game if needed.

Day Before Game Day Jobs

- 1) Replenish any paperwork that a coach may need such as stat sheets, rosters, or line up cards.
- 2) Prepare video camera equipment for taping such as batteries, cords, and tapes.
- 3) At end of day, pack appropriate number of balls for each level into carrying cases.

- 4) Distribute appropriate number of towels, water bottles, water bottle carriers, clipboards, and pens to each coach.
- 5) Prepare any "Warrior Spirit" activities for the home games.

Warroad Volleyball

As a Warrior Volleyball Player...

- 1.) I will work hard to tell the truth in my interactions with teammates and coaches.
- 2.) I will learn how to set goals, live by them, and develop a lifestyle that will produce success on the court.
- 3.) I will overcome the urge to complain, think negatively, backstab, take part in cliques, act selfishly, or to engage in any other unnecessary behavior that disrupts team chemistry.
- 4.) I will maintain my academic life on a solid foundation throughout my career, never creating problems for the team because I failed to take care of my academic responsibility.
- 5.) I will be loyal to my teammates, to my coach, and to my program. I will not air "Dirty Laundry" outside the team fabric.
- 6.) I will become an ambassador of our program, going out of my way to make friends and boosters feel great about being around Warroad Volleyball.
- 7.) I will learn the principles of positive reinforcement and apply them in practice and competition.
- 8.) I will show frequent and genuine appreciation to those who work on our behalf.(managers, administrators, support personnel)
- 9.) I will comply with the acknowledgement rule at all times (using good listening, verbalization, and eye contact skills)
- 10.) I will operate with high level of gratitude and respect for what has been provided for me in this program (e.g. keeping locker and team rooms clean, picking up after myself at practice, turning in equipment and apparel in acceptable fashion, never forgetting to bring handouts to meetings)
- 11.) I will learn to be aware of the effect of my mood swings on people around me and to keep these swings within reasonable variance.
- 12.) I will eliminate the use of obscenities during practice and competition.

Name: _____
(print)

Name: _____
(signature)

Date: _____

SIGNED FORM OF AGREEMENT
2019

I have read and understand the Warroad Warrior Volleyball Handbook. I agree to follow the rules and concepts as they are set forth in the handbook.

Parent Signature

Date

Athlete Signature

Date

To be returned to the Volleyball Coaching Staff by August 20th.