



**New Waverly
Lady Bulldog Volleyball
2019-2020
HANDBOOK
AND
GUIDELINES**



VOLLEYBALL

Dear Athlete,

The 2019 volleyball season is upon us, and we hope that you are ready for an exciting season! We are looking forward to a great season and continuing to build a winning program here at New Waverly High School. We are excited to have you as a part of our program. We are confident that you will find your experience positive and enjoyable.

The purpose of this volleyball handbook and guideline document is to serve as a guide for our expectations for our volleyball athletes at New Waverly ISD. In signing this guideline document, you are showing your acceptance of these guidelines.

Our volleyball program requires a strong level of commitment and determination to master the skills to compete against other high performing opponents. Volleyball is a demanding sport that takes the commitment of both the athlete and parent, as well as a strong commitment from your coaches and team family.

It is our goal for our athletes to represent our school and our community with class, dignity and respect. It is our hope that our athletes are the “leaders of our school”. I was a player myself and I do not intend for this guideline document to be viewed as punishment. However, as a former player I recognize the value of a dedicated team. Trust and respect are very powerful elements to a successful team. Therefore, as a player and coach, your presence is a must. If you are not actively present at practices and games, we will have a hole in our team. So, prior to signing this agreement, you must decide about your willingness to work and commit yourself to this volleyball program. I will give you my best effort, but you must be willing to return it and I look forward to our 2019-2020 volleyball season!

GO LADYDOGS!

Respectfully,

Carly Dyess

NEW WAVERLY VOLLEYBALL

PHYSICALS and UIL FORMS

Every athlete is required to have a physical on file prior to tryouts/two-a-days. Any athlete without a physical will not be allowed to participate until they obtain one. The district form must be used.

SUMMER CAMP

TEAM CAMP: will be here in New Waverly this year on July 22nd-24th. (See flyer) We will welcome coach Rachel Croley from Oak Ridge High School as she will be putting it on.

**This camp is strongly recommended for athletes to attend.

S.W.A.T CAMP- This is a camp that will take place from June 17th until August 1st. Monday-Thursday ONLY.

Times are 8:00am-9:30am or 10:00am-11:30am or 5:30pm-7:00pm) Cost is \$30. During this camp we will be focusing on Strength, Weights, and Agility Training.

**Your attendance is recommended

OPEN GYM: There will be open gym throughout the summer and it is also suggested you attend as much as possible.

FUNDRAISERS

The purpose for our fundraiser(s) are to raise money so that we can purchase new items. This includes gym banners, equipment purchases such as bags, warm ups, knee pads, uniforms, and other equipment that is necessary for the success of our athletes and our program.

VOLUNTEERS FOR SPECIAL NIGHTS:

Concession stand for home games, Senior Night, Dig Pink, Junior High night, etc.

All parents will be asked to work the concession stand. You will not work while your child is playing.

TRYOUTS: Tryouts will be August 1st- August 3rd. There will be two sessions a day. First session is 7-10am, lunch from 10-12pm, and second session 12-2pm. All potential athletes must attend all sessions, unless circumstances around the absence are discussed previously with Coach Dyess.

PLAYER EXPECTATIONS:

Players are expected to attend all practices, scrimmages, games, and tournaments. Prior to school starting, there will be regular practices and games. There might be practice held on some holidays that school may be out, such as Labor Day. Athletes and parents will be required to sign/follow the New Waverly Volleyball player expectations and rules along with New Waverly High Schools Athletic Handbook.

PROGRAM MISSION STATEMENT

- We will strive to build commitment, pride, and trust in the program.
- We will expect to WIN!
- We will be disciplined and play with great effort at ALL times. This is being loyal to the program.
- We will inspire others to play by our enthusiasm, this will develop team unity.
- We will be accountable for the success of our program.
- We will strive to make our opponents respect our program.
- We will utilize ALL our talents, our opportunities, and loyalty to be a champion!
 - **COACHES MUST BELIEVE IN COACHES**
 - **PLAYERS MUST BELIEVE IN PLAYERS**
 - **COACHES MUCH BELIEVE IN PLAYERS**
 - **PLAYERS MUST BELIEVE IN COACHES**

PROGRAM PHILOSOPHY

- **Player development. Family environment.**

The New Waverly volleyball program will strive to instill skills to evolve our athletes as great volleyball players and strong young women. Player development will focus on athletic and volleyball skills along with developing a strong moral compass for life after athletics. These will be achieved through practice, academics, and games. We will work together to establish a family environment where athletes and coaches feel safe and want to work together. We will use intention and high standards as we work to achieve these goals.

****NOTE:** These guidelines do not alter or change any New Waverly general athletic policies. They are in addition to all other athletic policies and the New Waverly/NWISD Code of Conduct.



VOLLEYBALL PLAYER EXPECTATIONS

Dear Parents/Guardians, and Athletes,

This information is being provided in order to help you understand our expectations for the athletes in the New Waverly Lady Bulldog Volleyball Program. The following policies have been established and will be enforced to uphold our high standards not only through the playing season, but throughout the entire year. These policies are to be read, signed, and returned to the coaches.

I. PRACTICE, GAMES, ETC.

1. Players are expected to be at practice every day. Players who miss practice or games for any reason are subject to extra conditioning or reps.
2. **If an athlete must miss practice or a game, she must let her coach know as soon as possible.** There must be a good reason for missing practice. Every situation depends on the discretion of your coach.
3. Injured players are still expected to be present at all practice and games. When an injury occurs, the staff athletic trainer will be notified. They will determine necessary treatment for the athlete.
4. Sub-Varsity players are required to stay and watch/cheer for all teams. Varsity players will watch and support the sub-varsity team. All teams will be required to sit as a team and cell phones will be put away.
5. Athletes will be required to wear tennis shoes at all times. No flip flops, jandals, open-toed shoes, or house shoes will be allowed. This includes traveling on the bus.
6. Athletes are expected to arrive at practice early so that teams can assist in setting up the nets and getting the gym ready for practice.
7. Athletes must wear practice clothes, uniforms, or any assigned clothing at all times. A running series will be assigned when an athlete is not in proper uniform and/or does not have the proper equipment for practice or games.
8. If an athlete is tardy, it will result in a running series and will increase for each additional tardy.
9. Teams will dress in required game day clothing as decided by the coach and team captains.

10. Spandex are only to be worn in the gym area and weight room. Once the athlete leaves those areas they must have cover shorts on.
11. Profanity during practice or games will NOT be tolerated. A running series or extra conditioning will be issued to the athlete as well as the team.

II. EQUIPMENT

1. Athletes need to take pride in everything we have. They will be responsible for all equipment that is issued to them. Any damaged or lost items will be charged to you.
2. You are to bring all necessary game items/attire for game days.
3. Athletes will keep locker room clean, gym facilities, and buses. All players are expected to help carry equipment to and from the bus and will help set up and take down the nets, before and after practice and games.
4. Athletes will be required to turn in all issued equipment before being released to their next sport.
5. All athletes are assigned lockers and responsible for locking up all valuable items.
6. If a teammate is caught stealing from another player, or any New Waverly student, that athlete will have consequences determined by Coach Dyess, and the administrator from New Waverly High School. Removal from the program may be enforced as well.

III. Conduct/Grades

1. You are a student before you are an athlete. Academics and discipline in the classroom come first before sports. No PASS, no PLAY!
2. Athletes are responsible for keeping up with their grades. There will be routinely grade checks done by the coaches. (You are expected to have a 75 or above. Anything below will result in consequences.)
3. If you are struggling in a class, it is your responsibility to go to tutorials to get help.
4. Athletes will know when they will be missing a class for a game or tournament. It is the athlete's responsibility to get their classwork ahead of time.
5. All athletes representing the New Waverly volleyball program are required to reflect good sportsmanship on and off the court. Any team member showing anger to herself, opponents, teammates, coaches, and/or officials will be removed from the situation immediately.
6. Athletes will not show any public display of affect (PDA) at school, at any volleyball event or school function.
7. Athletes will respect social media policy's set forth by the volleyball program and New Waverly High School.

8. It is required that an athlete must notify their coach if they receive an office referral. Athletic consequences may be issued.
9. Stealing, referrals, profanity, truancy, fighting, disrespect to teachers or coaches, and classroom behavior problems will not be tolerated, and could result in removal from the volleyball program.
10. Athletes who do not move into another sport are required to participate in off-season. If you do not participate in off-season, you will not be allowed to tryout the following season for volleyball.

IV. Team Travel

1. We will act like a team wherever we go.
2. We will sit in together in the bleachers during games.
3. If you are not playing, you are still required to wear your game day shirt.
4. Team members must ride the bus to ALL athletic events. You will only be able to sign out with your parents on Friday away matches and weekend events including tournaments and Saturday matches. ALL Tuesday games we will ride home together on the bus. You will not be allowed to be signed out by anyone other than your parent/guardian.
5. Everyone will be expected to stay and help pick up the gym after the completion of matches.
6. Athletes are responsible for informing parents of bus departures and arrival times. Parents are expected to pick up their child within 10-15 minutes after our arrival back to the school.
7. Team members are expected to be on time for bus departures.
8. Athletes are expected to conduct themselves in a proper manner on the bus at all times. (No screaming, loud music, hanging out the windows, etc..)
9. The bus is a cell phone free zone unless instructed otherwise by the coaches. This time is to be used for team bonding and mental preparation for games. **If a coach sees you on your phone it will be taken up and there will be consequences to follow.

V. Communication

In attempt to instill self-advocacy skills within our athletes, we encourage athletes to discuss concerns with the coach first. After the issue has been discussed with the athlete and coach, if the problem was not resolved, the parent may then set up a conference with the coach.

- Concerns or problems will be addressed in this order:
 - Athlete/ Team Coach(s)

- Athlete/ Parent/Guardian/ Team Coach/ Coach Dyess (Head Coach)
- Athlete/ Parent/Guardian/ Team Coach/ Coach Dyess (Head Coach) / Athletic Director

****All meetings with coaches will be scheduled by appointment for the appropriate time during the coach's conference period, or before/after school. Concerns and issues WILL NOT be discussed before games, during games, or after games. You must wait 24 hours after a game before you contact the coach to set up a conference.**

Please detach this sheet, sign and return it to your coach no later than



Monday, August 5th.

I, _____, have received a copy of the Lady Bulldog Volleyball handbook and guidelines. I have read the handbook and agree to abide by these rules and stipulations with all respect. I understand that if I have questions about the contents of this handbook and guidelines, it is my responsibility to ask questions for clarification.

Volleyball Player Signature

Date

Parent/Guardian Acknowledgement Form

Please acknowledge in writing that you have received a copy of the Lady Bulldog Volleyball handbook and guidelines. By signing you are stating that you have read it with your child. If you have any questions, please feel free to contact me for verification.

Parent/Guardian Signature

Date