

North Central Knights Volleyball Handbook 2020

Participation in Knights Volleyball will be an experience in teamwork and fun. North Central Volleyball is here to teach through the sport of volleyball - not just as an athletic sport, but as an avenue to mold better young women. We teach the specific skills needed to play volleyball at the highest level that our skills will allow, as well as leadership, character, communication, hard work, selflessness, goal setting, discipline, responsibility, among others.

Lettering Criteria

To earn a varsity letter in volleyball an athlete must:

- complete the season and must play in a minimum of half the total varsity sets
 - be on the varsity roster for a minimum of two tournaments
- attend all practices and games, unless excused by the coach
 - contribute to the team in any way possible

In case of injury the coach may deviate and award a letter to the injured player based on the number of sets played before the injury. In all cases, the athlete must have the coaches' recommendation.

Practice Expectations

- Your attendance at every practice is absolutely necessary. Being late or missing a practice or game shows a lack of commitment and respect for your team.
- Excused absences are due to illness, school-related activities, family emergency, or special circumstances approved prior to practice or a game. Please notify Coach Sybrant or Coach Bartak prior to being gone from practice when possible.
- You must maintain a team-oriented mindset. Volleyball is not an individual sport, therefore respect and encouragement toward all teammates is necessary.
- Injured players are expected to attend practice at the coach's discretion.
- Your conduct on and off the court is expected to be mature and sportsmanship like. You should positively represent North Central Volleyball at all times. This includes on social media.
- You must maintain a positive mental attitude. Criticisms, if you have them, must be directed to Coach Sybrant or Coach Bartak. Varsity players may also go to a captain(s), who may then bring any issues up to Coach Sybrant.
- You must be coachable. Signs of disgust, talking back, swearing or noncooperation will not be tolerated and may result in disciplinary action.

Game Expectations

- Players must play within the rules set forth by the NSAA.
- Respect the decisions of the coaches. Playing time will be decided by the coaching staff based on skill level, position played, coachability and with the cohesiveness and needs of the team in mind.
- Set the tone when you step onto the court. Be positive and hustle at all times!
- Respect your opponents. No taunting of opponents is allowed.
- Respect the referees. Never question a call or respond in a disrespectful fashion. Any questions will come from the coaching staff only.
- Show good sportsmanship at all times. Maintain a high character. It is one of the most important traits you will carry with you your entire life.

Transportation Expectations

- Above all, be respectful of everyone in the vehicle including teammates, coaches and drivers. Keep your conversations at a respectful level.
- We will clean up the bus after every trip and thank the bus driver for driving. If any items are left, there will be consequences at the next practice.
- All players must ride to matches on the bus in order to participate in the match unless you have contacted the coach and have been approved to meet us there.
- The bus will leave on time. We will not wait for you. If you miss the bus, you will not suit up for the game. Leave time will be communicated via GroupMe.
- All team members must travel as a group to/from all activities by means of school approved transportation. A team member may be released to the custody of a parent/legal guardian at the conclusion of an away contest, if they are traveling on to another destination. If they must travel through their respective communities to the other destination, they must ride school approved transportation. Any other exceptions must be approved prior to the contest.
- Written notification is needed from the parent/guardian if athlete(s) are riding with someone other than the parent. The note should be delivered at least 24 hours prior to the date of the contest. The parent should explain the reason for not traveling home with the team. This explanation is needed in order for the AD to make a decision consistent with previous requests. Prior to leaving the contest, the coach must actually speak with the parent to confirm that he/she, and not another student or friend, is driving.

School Expectations

- You are a student athlete. School comes first. Do not forget these priorities.
- All students shall be present, and on time, at all scheduled practices and functions for the activity in which they are participating unless they are excused by the activity sponsor. NO student will be excused from detention because of activity practice. If a student violates the unexcused absence rule, the student may be suspended from that activity for a minimum of ten school days. Second offense may result in suspension from that activity for the remainder of the school year. The student may be required to attend activity practices and functions during the period of suspension.
- All work will be made up prior to leaving for any activities. Students will be responsible for getting a make-up slip from their activity sponsors. Students will make up the work and have the teacher's signature for each class they will miss prior to leaving for any activities. Make up slips will be handed to the activity sponsor prior to leaving for an activity, if not signed; students will not be allowed to go on the activity.
- Students who wish to participate in school-sponsored practice or scheduled activities must attend school for the half-day (4 periods) to be eligible to participate in the activity.

Uniform Care

- You are responsible for cleaning your own uniform.
- Your uniform must be clean for each match.
- Uniforms need to be air dried - do NOT dry in the dryer.
- At the conclusion of the season ALL uniform apparel must be returned on the assigned date.

For North Central sports, the following chain of command is in effect:

Coach - Please wait at least 12 hours post-game to contact.

Activities Director

Principal

Superintendent

If you have any questions or concerns, please contact the appropriate person.

The Player-Coach Relationship:

The player-coach relationship is perhaps the most critical relationship in athletics. A parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your daughter.

If you express a negative opinion in front of your daughter, you need to remember that she will return to practice the next day and may carry with her your convictions. Your daughter will then have to interact with this coach. You, as the parent, can greatly affect this delicate relationship. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your daughter's progress and her playing time.

The Parent-Coach Relationship:

In your role as a parent, you obviously love and are concerned about your daughter's welfare. You want the best for her, but an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects. The school has placed the responsibility of coaching with the person they feel is best suited for the position. They intend to support their coaches and encourage you to do likewise. Should you have any questions or concerns, please do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous, and logical manner.

One of the responsibilities which a coach has at the conclusion of a contest is to have a brief meeting with his players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player Relationship:

Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing. When you do speak with your daughter after a contest, don't dwell on her play, how many points they scored, or if they started. Instead, first ask how the team did? Did your daughter play hard, give 100%, and have a good experience?

As a parent, you are called to help your daughter solve problems. As your daughter grows into a young adult, this requires you to not solve problems for her, but rather provide ideas for solutions to help her solve her own problems. When she is venting to you, it may not necessarily mean that she wants you to solve her problem for her. Listen to her. Ask if she wants help. If they do want help, you can help her build strategies that she can use to solve their problem. Thank you for your cooperation!