



## Trojan Volleyball 2020-2021



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### Education

Education is and should be your first concern. The classroom must come first. You are a student-athlete who has the opportunity to represent yourself on and off the volleyball court. This is an opportunity that will be earned. If you do become ineligible, you still must attend practices and games until you are eligible. Ineligibility may result in less playing time; it shows a lack of commitment to your team.

### Expectation

Volleyball privileges are and should be available only to those players who are willing to contribute their efforts, not solely for selfish gains, but for the good of the team. To be a Lady Trojan, you have to be responsible, respectable, loyal, committed and honest. To play as a Trojan, you have to work hard, play smart, put the team before yourself and have a winning attitude. To be successful as a Lady Trojan, you have to be coachable, accept your role, handle success and failure and be a competitor. Players will be expected to support their team while playing on the court or sitting on THEIR team's bench. Not everyone will always be happy with this role that she is asked to perform, however you will be expected by the coaches to fulfill that role. Everyone should know what is going on during the matches and be ready to play all positions at any time. **If you are playing JV and not Varsity, or vice versa, you are required to watch each others games, unless you are playing at the same time.** The only time this there may be an exception, is during tournaments. Playing time will NOT be equal for all, but everyone gets the chance to practice and show your team what you've got!

### Practice and Season Guidelines

Fall is a busy time of the year with school just getting started and getting back into the swing of things. We will start practice together as a team at 3:45 and end approximately at 6:30. If you are early, you are on time. If you are late, you run. For every minute that you are late the **team** will run a suicide. The coaches will try their best to be in the gym by 3:45, but there will be times that we cannot make it. Seniors will be in charge of the time and will report back to the coach. The seniors will also be in charge of getting started on stretches and the daily drills. If you chose not to listen to them, you will be running.

We will NOT walk in practice. The quicker we get things done RIGHT, the earlier we will complete practice. We will also keep our conversations at practice about VOLLEYBALL. If coaches see or hear other conversations, this will result in running. In addition, if someone is not involved in a drill, their job is to shag balls and talk. If a loose ball is on the court, everyone yells, "ball," and it is retrieved. The goal this year is to STAY FOCUSED!

You may NOT wear cut off shirts that go below you sports bra. You must have a shirt on at all times, unless you are in a locker room.

### Absences

We realize that conflicts, illness, and/or crisis do occur. I will always expect YOU to let me know if you will not be at practice before practice begins. Also, if you WALK out of practice at any time, you will officially be off the team. Once you leave, DO NOT expect to be let back on the team. For TWO unexcused practices you WILL be off the team. If you are absent from school the day before a match or more than half the day of a game, you WILL NOT BE PLAYING. This will include Fridays before tournaments or Fridays before Monday matches. As coaches we will also expect you to not miss the day after a game just because you are tired. You will still be expected to go to the game, you just won't be seeing any playing time. What is considered an absence is discretionary and up to the coaching staff to determine. As coaches, if we feel that you are not committed to the team, we have the choice to let you off the team.

### **Equipment and Uniforms**

Please take care of the equipment that is checked out to you. As a player, you will be responsible for having your uniform ready for each game. We have TWO fairly new uniform tops this year!!!! TAKE CARE OF THEM!! If the uniforms are damaged, you will be paying to replace the tops. You will also be expected to buy your own bottoms. The bottoms must be all black, no logos and an appropriate length. At the end of the season, you must turn them back in!!!

### **Varsity Positions**

There are only so many positions on a volleyball team and only 12 that are allowed to be on the tournament team. If you want a spot, you must be able to earn it.

### **Coachability**

Coachability is an attribute that all coaches look for. Learn to take constructive criticism. When a coach is talking to you, make eye contact and use your body language to let the coach know you're listening. When being critiqued make sure you try to do it the way the coach had told you to the next time or it will look like you don't want to learn. If you don't understand what the coach is asking you to do, ASK QUESTIONS! When the coach is giving constructive criticism you must respond in a respectful way. I don't want to hear, "I know" or an excuse for why you did something wrong.

We expect you to execute skills the way we have shown you! Build consistency within yourselves and you will automatically do the skills right. You will also be expected to learn the names of the drills. Always make eye contact with the coach when they are speaking, especially in huddles!

### **Games**

Being late for the bus or game will have the same consequence as being late for practices, so be on TIME. After games your parent has to sign you out and you MUST go home with your parent, **not boyfriend**. Failure to comply with this rule will have a consequence made by the coaching staff. I would **recommend** that you ride the bus with your team to promote unity.

For home games, all players will stay and watch until the last match has been played. Afterwards, everyone will help to pick up trash in the gym and locker rooms! Tell your parents this rule. As a team, we need to learn to have locker room etiquette. After each match, coaches will join the team for a meeting. You will sit and listen, not change your clothes. Last person out checks for trash or left belongings.

All team members will attend all tournaments, regardless if you are playing or not!!!

### **Team**

Volleyball is a team sport that includes parents, athletes and coaches working together. You are responsible for your choices and team choices. As coaches, we are responsible for teaching the skills needed to become a great team and for helping to make good life choices. If you ever have a question about what your role is on your team, please communicate that with us at an appropriate time and place. Every parent feels that their daughter desires more playing time and that she is one of the best players on the team. Remember that you, as a team player, are a reflection of your attitude about volleyball. Therefore, if YOU have questions, it is your responsibility to come visit with a coach (not your parents). Before, during and after a volleyball match is not an appropriate time.

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