

Melrose Area Dutchmen Volleyball Handbook 2020

COMMON ENEMY

Core Values

PURE---Purpose, Unity, Responsibility, Energy

Top 4

1. Play with **purpose**
2. Team **unity** above all else
3. Take **responsibility** for your actions
4. Have fun and bring **energy** to all that you do

Goals of the Program

1. Allow players to grow not only as a volleyball player but a better athlete and PERSON all around.
2. To create a love for the game, the people around you, the competition that is created, and the improvement that will come from hard work and dedication.
3. To prepare the team for every situation that may occur in competition, and to learn to benefit from both success and failure.
4. To develop physical skills, leadership skills, mental intensity, and emotional stability through experiences.
5. To learn to play a contributing role to a team and work cooperatively with teammates and coaches.
6. To put forth the best possible effort to achieve team and individual goals.
7. To build a winning tradition and program. WINNING IS NOT EVERYTHING, but the desire to win and the knowledge of what it takes to win is important.

Volleyball Philosophy

Our philosophy for Dutchmen Volleyball is to help in the shaping of great people along with developing the skills necessary to have a great volleyball team. We are looking for players who play with **purpose**, work in **unity** with their teammates, are **responsible** and accountable in their decisions, and play with **energy** to help bring the team's play to a high level. These attributes will be evaluated by the coaches during all practices, scrimmages, and matches -- teams are subject to change throughout the season as needed due to injuries, commitment, post-season play, etc. We believe players should be on a team that matches their individual level of ability, attitude, and effort and where we believe they can be the most successful. The top most fitting players will be on the varsity team. In order to build and maintain a competitive program the following format will be used for teams:

Varsity Team: The goal of this team is to put our top athletes on the court in order to give our program the best opportunity to win each and every match. This may not be the six best physical volleyball players. It is the six players who work best together in the eyes of the coaching staff. These players could be 7th-12th graders. **Playing time is not guaranteed** to anyone at this level at any time throughout the season.

Coach: Emily Reller
Email: emily.reller@isd743.org
Phone: 320.314.2139

JV Team: The goal of this team is to prepare athletes to gain the skills needed to be successful at the Varsity level. This team could be 7th-12th graders. Coaches will attempt to give everyone opportunities to play but that will not always happen.

Coach: Renee Bauer
Email: rbauer@isd740.org

C-Squad: The goal of this team is to put the most successful team on the court. This team could be 7th-11th graders. Playing time is no longer divided up evenly. The first two matches of the season everyone will have the opportunity to play (not equally). Coaches will attempt to give everyone opportunities to play but that will not always happen.

Coach: Colleen Schmiesing

*Remember that only six athletes are allowed to play on the court at a time. Coaches do not have unlimited substitutions in volleyball and usually we have an average of 12+ athletes on a team. Coaches use their best judgment to decide what is fair and who gets to play when and where. Playing time for athlete's is determined by attendance, attitude, effort, performance, the athlete's potential, the team's need at the moment, and the team's need in the future and is left to the discretion of the coach of the specific team along with the varsity coach.

Absence from Team Practice and Activities

1. Excused Absence

- Must be approved and notify a coach in advance (1 day). Do not send a note with a friend.
- Family emergencies, illness, school sponsored activities, or approval from the coach.

2. Unexcused Absence

- Work, non-school activities, family vacations, doctor/dental general appointments, shopping, babysitting, etc.
- If an unexcused absence occurs:
 1. 1st offense: player will lose playing time during the next competition date
 2. 2nd offense: player will lose playing time during the next 2 competition dates
 3. 3rd offense: player will have a meeting with coaches to discuss dedication to the team

Line of Communication

This line of communication will be strictly followed within our program. If ignored, consequences will be assessed. These rules need to be followed in order to resolve any problems.

Parents play an important role in the success of high school athletes. Each of you wants what is best for your child; as a coaching staff, we also want your children to be a successful member of our program. We also strive to do what is best for the team! Oftentimes, what is best for the team may not be what you feel is best for your child. The decisions that we, as coaches, will make have the overall best interest of the team at heart.

If a parent or player has questions the player must first speak to her coach. It is encouraged that each athlete asks what they can improve on to get more playing time. If after speaking with the coach, the athlete still has questions, then a parent may contact the coach. Coaches will not speak with parents about any questions unless the athlete has approached them first. You may contact the athlete's coach either by email or phone to set up a meeting. No conversations will occur over email. The parent, athlete, and two coaches are required to be at all meetings. Many meetings may also involve the Athletic Director as well, so that the conversation can be done in a neutral setting with all the support necessary. **Any serious concerns can always be directed to the Head Coach.**

Issues not appropriate to discuss with coaches

- Playing time
- Play calling
- Team strategy
- Other student athletes.

Parents may not approach coaches before or after practices or matches with questions (24 hour rule). Athletes must wait until the next day to approach their coach with any questions.

Practice Protocol

1. HUSTLE and NO BALLS HIT THE FLOOR!
2. Be early. It is expected that all athletes help set up the nets before practice starts every day.
 - a. If you are early you are time. If you are time you are late.
3. **Practice attire: Melrose t-shirt and purple or black spandex with knee pads. Ankle braces are strongly recommended if you have had ankle injuries. Matching attire helps with team unity. These need to be worn every practice.**
4. All athletes must attend 7 practices prior to competing in a match.
5. **Playing time is earned at practice.**
6. Indoor court shoes must be worn. Bring outside running shoes for pre-season.
7. Hair needs to be in a ponytail and secured during practice.
8. Bring a water bottle. Water breaks are taken as a team.
9. Non-team members are not allowed in the practice area.
10. Be respectful and responsible by representing Dutchmen volleyball and Melrose

Area school at its highest.

11. No jewelry, cut-off shirts, or printed spandex.

Game Uniform

- Jerseys must be washed before each match.
- Do not use an iron on your jersey...hang dry only.
- Headbands must be the same color as a team. (White, grey, black, purple)
- The only time jerseys should be worn is during a match. They must be taken off after a match (including covering/removing spandex shorts).
- Missing or damaged uniforms will need to be replaced at the cost of the athlete.
- Athletes need to wear white/black knee pads and black/purple spandex.
- No colored sports bras -- white, black, grey works great!

Matches

The Home Match

1. B and C team members should be ready at home matches 45 minutes prior to game time. Use the “home court” to our advantage.
2. Remember when opponents, fans and officials *first* see us – we leave an impression.
3. Varsity players will arrive 15 minutes prior to the B Squad match to help shag during warm-ups. We will sit as a group behind our bench and support our team.
4. B and C team members will sit together as a team and watch/cheer during the Varsity match. Some B or C members may be asked to help with stats or other duties throughout the Varsity match.
5. Dress code is simple: represent your school at a high level. Make sure that all players on your team know what the “dress code” will be for that match.

The Away Match

1. For away matches be ready to load the bus 10-15 minutes prior to the scheduled leave time.
2. On the way to the match, NO unnecessary cell phone use. Use the ride to the match for relaxing, focusing on the upcoming match or to bond with teammates. On the way home, limit cell phone use to necessary calls only.
3. Make sure to pack something nutritional to eat for the ride home. Your body is in need of nutrients, not pop and candy.
4. The bus ride is important. After matches, this is a great time to reflect on what just

happened during the match. All C squad and B squad players should stay and watch the entire Varsity match, and all players should ride the bus home. In special cases, if you need to ride back with your parents, your parents need to speak with coaches directly and sign out their daughter.

5. We have a lot of players, coaches, and equipment that need to fit on the bus. The first two rows of seats will be set aside for coaches and equipment. Please be kind to one another and make each other as comfortable as possible. We are one program, not three teams!

Team Captains

Varsity captains will be selected by the coaches and/or players prior to the first game. Captains will be leaders of the program and be a representative to the community, the school, their teammates, and the coaches of what the philosophy of Dutchmen volleyball is all about. Captains do not necessarily need to be Seniors.

Lettering Requirements

1. Must be a member of the Varsity team at the end of the season.
2. Minimal absences from practices and matches without unexcused absences.
3. If a player quits and rejoins the team, they will not letter.
4. Player has had a positive impact on the varsity season.

Academics

1. Make academics a priority in your life. Attend all classes, and do all assignments on time and to the best of your ability.
2. Remember the difference between HOMEWORK and STUDYING. You may finish your homework, but there is always some studying to do.
3. Meet every academic obligation.
4. Stay academically eligible. If you are receiving an “F” at the end of the previous quarter or during the season, you will be ineligible for three weeks or until your grade improves! If you are receiving 2 Fs, you will be ineligible for the season! We will be conducting periodic checks throughout the season!
5. Discuss class conflicts with teachers as soon as you are aware of them. If it has been weeks since you have turned in an assignment or project – that might be a “conflict”.

Personal Conduct

1. In the event you are unable to attend any function due to personal emergency, contact the coaches immediately.
2. Be on time to every team function. It is inconsiderate to teammates and coaches to be late, and it will not be tolerated.
3. Make volleyball a priority in your life. Manage time accordingly so that there are no conflicts.
4. Elementary Volleyball. It is important for players in grades 9-12 to support the growth and development of the younger players. Take any opportunity afforded to you to work with our younger players to help develop a program. Remember: they look up to you, and strive to someday be like you!
5. Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, the team, and our school and community. Don't do things to "stand out" in a negative way from your team. This includes your conduct in the classroom. Detention will not be tolerated! Remember: you are representing Melrose Area Volleyball!
6. Report all injuries to the coaches. Minor injuries not treated can become serious!
7. No swearing at any times: practice, games, bus, locker rooms. Officials will not tolerate swearing during matches, and this can lead to a loss of points during a match!
8. Treat teammates, coaches, officials and opponents with courtesy and respect even when you are down or in a bad mood.
9. Work out personal conflicts with teammates immediately. Avoid passing on rumors or gossip. If the problem cannot be resolved, all parties must meet with the coaches until it is resolved.
10. Get proper sleep and maintain good nutrition.
11. Follow Minnesota State High School League rules: No use of tobacco, alcohol, or nonprescription drugs.

a. If you have an MSHSL violation during the volleyball school calendar (ex. 2019 season would be: when you are finished competing in 2018/2019 through the fall 2019 season), you will not be eligible for any awards voted on by the team: MVP, Most Improved, Hustle Award, etc. You will also be ineligible for any All-Conference consideration.

b. A violation during the current volleyball season would also involve the following requirements before the player may return/begin play:

i. Sit out the games/weeks by the MSHSL and the Melrose Area High School Activities Guidelines (if not served during a different sport season).

ii. Attend a meeting with coaches, parents, and athlete to discuss the issue and possible solutions.

iii. Formally apologize to the team and coaches.

Parent Volunteering

We appreciate all the parent support and help throughout the season. Especially during our two tournaments that are hosted at Melrose Area High School, where we ask parents to sign up to work various areas at the tournament:

- Junior High Tournament
- JV and 9th Grade Tournament

Volleyball Handbook Agreement

I commit that I have read this handbook with my parent/guardian and that they also understand and agree to all policies in the handbook. I agree that any violations of the handbook, MSHSL policies or Melrose Area school policies will result in loss of playing time. After agreeing and signing below, each athlete is eligible to participate in the Melrose Area Dutchmen volleyball program.

Player Signature

Date

Guardian Signature

Date

Guardian Signature

Date