

Waconia Volleyball



2024 Handbook

Academics

It is the philosophy of the Waconia Volleyball Program that all players are students first, athletes second. Coaches will maintain high academic standards for all of our players.

Therefore, student-athletes' grades will be monitored by coaches throughout the season. If an athlete is earning a D or F at that point in time, she will be required to meet with the coach. The coach will help the student develop a plan to improve her grade(s), and the student will check in with that coach throughout the following week(s) to track progress.

If grades are a consistent issue (athlete is not showing effort to improve, teachers give poor reports regarding class participation, effort, assignment completion, etc), the athlete will lose playing time during competition. The loss of playing time will be at the discretion of the coach.

Additionally, all student-athletes are expected to exhibit academic integrity within all of their classes and classwork. Academic dishonesty (cheating, plagiarism, etc) is not representative of our program's culture. Student-athletes should communicate with any coach or teacher if they are finding themselves in a position in which they feel the need/pressure to do this. Reaching out to an adult about stressful or difficult classwork is the expected approach for our student-athletes.

Match Days

Home Matches

It is encouraged that all members of the volleyball program attend one another's matches because we want to build a culture in which players support and encourage one another. Coaches will communicate specific expectations for their teams regarding when to arrive at home matches in order to watch other teams play.

Away Matches

All players are expected to ride school-provided transportation to and from away matches. Riding with the team is an opportunity for players to develop cohesiveness. Therefore, we highly encourage student-athletes to ride school-provided transportation at all times, with the exception of emergency situations.

Social Media:

Student-Athletes are expected to positively represent themselves, our school, and our volleyball program on all social media platforms. Please be thoughtful and respectful about what you post as each post can have a lasting effect on you and those around you.

Schedule and Notifications:

Please utilize the “Waconia Wildcat Volleyball” Sports You page/app to access our full schedule: practices, matches, tournaments and events. Coaches and managers will also upload any additional necessary information throughout the season. Coaches will also use this as a place to post updates and send messages to teams/individuals for efficient communication throughout the season.

Sports You Access Code: BS8Z-M54S

Our Activities Department and our Volleyball Program will utilize Sports Engine throughout the year for information regarding our program as well. On this website, you will find coaching staff information, roster information, results updates, tryout information, schedule/event information, and more.

Sports Engine Website Link: <https://www.waconiaactivities.org/vb>

Parent Communication Order of Events:

- 1. Player to coach meeting:** If it's a big deal to your daughter she needs to come up to us (the coaching staff) and talk to us about the topic.
- 2. Player, coaches, parent meeting:** If the topic is still not solved and your daughter is still upset about the topic, the coaching staff can sit down with you and your daughter and have a conversation.
- 3. Parent, daughter and coach meet with the Athletic Director:** if concerns still exist.

In order to allow coaches to focus on coaching, they are NOT available to meet before or during practices or at any time on the day of a competition. Coaches can meet after practices or at an agreed upon time and day.

24 hour rule! Give yourself and the coaching staff 24 hours to cool down emotions and then you may email us if you would still like to meet in person, but the order of events apply.

Playing time Expectations:

Equal playing time is not guaranteed in all levels of high school volleyball. We thrive to be a competitive program. Coaches will do their best to help each individual player gain competitive experience, but playing time in games is related to many factors: practice attendance, practice performance, previous game performance, position, opponent's strength, game strategy, current attitude, team vibe, etc.

Attendance:

Players are expected to attend EVERY practice. Players should honor their commitment to their team by attending all practices. When commitments to the team are taken casually, they affect other players. A player's absence at practice affects the progress of both the team and the individual. While players may be excused from practice for mandatory school functions, parents are encouraged to schedule other outside activities around practices.

MISSING PRACTICES FOR A UNEXCUSED ABSENCE WILL RESULT IN LOSS OF PLAYING TIME IN THE NEXT GAME. (MENTAL HEALTH DAYS COUNT AS UNEXCUSED)

Here are some examples of excused and unexcused absences from practice:

- Unexcused examples

- o Having too much homework

- We teach our players to use effective time management so they can balance their schoolwork and still be able to obtain their commitment to the team.

- o Having to study for a test

- We teach our players to manage their school time and studying to make sure they can attend all practices and tournaments

- Excused examples

- o Taking the ACT/SAT

- o An injury or possible concussion
 - If injured, we strongly encourage that you still attend practices to continue to learn and keep up to date with team progress. Even if that means sitting in a chair and watching, listening and learning.
 - If injured or concussed, we'll need a note from the doctor to be cleared to play again.
- o Family emergencies (i.e. car accident, death in the family, sickness, etc.)
- o School functions such as a concert/play/choir show, or confirmation through your church (anything that will affect your school grade).
- **Only** players and coaches are allowed on practice courts. To best utilize the time available for practice, only players and coaches are allowed on the courts.

Fundraising:

- We will be doing some different fundraisers this year. We will be doing pizza and cookie dough sales from August 15th through August 22nd. This fundraising money will be going towards new equipment and new jerseys for next season and seasons to come.
We expect all the girls to participate in all fundraising events.

Student Athlete and Parent Conduct:

- Players and parents will be expected to be respectful of teammates and coaches. Disrespectful language or behavior will not be tolerated. If a player has this type of behavior it could lead to loss of playing time or potentially removal from the team. If a parent is being disrespectful to coaches, other parents or players it could lead to potential removal from all games.
- Players and parents will be expected to be respectful of refs. Disrespectful language or behavior will not be tolerated. If a player had this type of behavior it could lead to loss of playing time or potentially removal from the team.
- **Illegal Substances Procedure:**

Zero Tolerance Tobacco, Drug & Alcohol Use

If any Waconia athlete is caught using Tobacco, drugs, and/or alcohol at any time during the high school season, we use the MSHSL rules and regulations. The use of vape pens are also included as Tobacco use. MSHSL states that the first offense is 2 week suspension or 2 games whatever is longer. The second offense is a 4 week suspension or 4 games whatever is longer. Hopefully we don't have a #3 offense. If that happens we will sit down with our Athletic Director and will discuss the consequences.

- This includes any posts found on any social media platform showing the athlete holding and/or using these items.

CONCUSSION PROTOCOL

We will follow MSHSL rules about concussions. If a coach thinks that their player has any concussion symptoms, we will error on the side of caution and of safety and will remove that player from any activities immediately and for the duration of practice and/or tournament play.

- The player may return to practices/tournaments once they have been cleared by a doctor and are clear of any concussion symptoms.

Parents:

- Parents are encouraged to adopt our philosophy of positive reinforcement. We believe that the best way to teach and motivate young athletes is through positive reinforcement and example. Parents are asked to please use the same philosophy with their children when reviewing or discussing games and practices. Although players will be competing at the high school level, volleyball is still supposed to be fun, and children deserve to derive enjoyment from playing.
- Parents are encouraged to be positive spectators. Parents are asked to please cheer for and encourage players' efforts in games. Players will make outstanding plays, and players will make errors. No one is purposely trying to make a mistake.
- Parents should refrain from shouting coaching instructions to players. Teams should be allowed to play without this added pressure or

confusion. If a parent is caught trying to coach from the sideline during a match, they may be asked to be excused from the playing area for the remainder of the match or tournament. **Please leave the coaching to the coaches.**

Let's have a great season! Go Wildcats!!

The Waconia Coaching Staff

Head Volleyball Coach Taylor Iten soinetaylor@gmail.com

Varsity Assistant Coach Emma Conrad emmacnrd@gmail.com

JV Coach Jasmine May jasminphaas@gmail.com

B-squad Coach

9A Coach

9B Coach

Tryouts: August 12th-14th

- Teams will be announced during tryouts on August 14th. Cuts will be made at the end of tryouts on August 14th.

August 12th 8:45am - 12:00pm 9th grade tryouts Sign-in opens at 8:15am	August 12th 1:45pm - 4:00pm 10th - 12th grade tryouts Sign-in opens at 1:15pm
August 13th 8:45am - 12:00pm 9th grade tryouts	August 13th 1:45pm - 4:00pm 10th - 12th grade tryouts
August 14th 8:45am - 12:00pm 9th grade tryouts	August 14th 1:45pm - 4:00pm 10th - 12th grade tryouts

2024 Schedule:

Practices will be from 9am - 11am and 12:30pm - 2:30pm on August 15th and 16th

Practices will be from 9:00am - 11:00am starting the week of August 19th

Practices will be from 3:30pm - 5:30pm from starting on August 26th.

August 20th Varsity Scrimmage at Glencoe at 4:30pm Bus leaves at 3:15pm
August 22nd STMA Game at STMA 9B and B-squad at 4:15pm Bus leaves at 2:30pm 9A and JV at 5:30pm Bus leaves at 3:45pm Varsity at 7:00pm
August 24th Varsity Breakdown Sideout Classic at New Prague vs. Centennial at 6pm Bus leaves at 4:15pm
August 27th Games at Home vs. Belle Plaine 9B and B-squad at 4:15pm 9A and JV at 5:30pm Varsity at 7:00pm
September 5th Games at Home vs. New Prague 9B and B-squad at 4:15pm 9A and JV at 5:30pm Varsity at 7:00pm
September 7th 9A and 9B tournament at East Ridge Bus leaves TBD. When the tournament schedule comes out we will know more information:)
September 10th Games at Home vs Shakopee 9B and B-squad at 4:15pm 9A and JV at 5:30pm Varsity at 7:00pm
September 12th Games at Home vs Benilde St. Margaret 9B and B-squad at 4:15pm 9A and JV at 5:30pm Varsity at 7:00pm
September 13th and 14th Varsity Invitational at Midwest Volleyball

Warehouse. Bus leaves TBD.

September 14th B-squad Tournament at Lakeville North High School
Bus leaves TBD

September 18th at St. Louis Park
9B and B-squad at 4:15pm bus leaves at 2:45pm
9A and JV at 5:30pm bus leaves at 3:30pm
Varsity at 7:00pm

September 24th at Eden Prairie
9B and B-squad at 4:15pm bus leaves at 2:50pm
9A and JV at 5:30pm bus leaves at 4:15pm
Varsity at 7:00pm

September 26th at Orono
9B and B-squad at 4:15pm bus leaves at 2:50pm
9A and JV at 5:30pm bus leaves at 4:15pm
Varsity at 7:00pm

September 30th Home vs. Delano
9B and B-squad at 4:15pm
9A and JV at 5:30pm
Varsity at 7:00pm

October 1st at Chanhassen
9B and B-squad at 4:15pm bus leaves at 3:00pm
9A and JV at 5:30pm bus leaves at 4:15pm
Varsity at 7:00pm

October 3rd Home vs Prior Lake DIG PINK NIGHT!!
9B and B-squad at 4:15pm
9A and JV at 5:30pm
Varsity at 7:00pm

No Practice October 5th for Homecoming
B-squad will have practice from 3:00-4:00pm

October 5th JV tournament at East Ridge High School
Bus leaves at TBD

October 7th Home vs. Buffalo PARENT NIGHT!!

9B and B-squad at 4:15pm
9A and JV at 5:30pm
Varsity at 7:00pm

October 9th Home vs Chaska SENIOR NIGHT!!
9B and B-squad at 4:15pm
9A and JV at 5:30pm
Varsity at 7:00pm

October 10th HALLOWEEN PRACTICE!! Come dressed up in your favorite Halloween costume!

October 12th Varsity Tournament at Chanhassen High School
Bus leaves at TBD

October 15th at Bloomington Jefferson
9B and B-squad at 4:15 bus leaves at 2:45pm
9A and JV at 5:30pm bus leaves at 3:45pm
Varsity at 7:00pm

MEA BREAK October 17th and 18th: Varsity will be having early morning practice on the 17th. **No practice on the 18th.**