



**SOUTH ANCHORAGE
VOLLEYBALL
2019 – 2020**

**PLAYER/PARENT
HANDBOOK**

DRAFT

“It takes effort to win a game, but it takes courage to change the game.”

~Michael Jordan

Table of Contents

Core Covenants.....	3
Attendance.....	4
Practice.....	5
Grades.....	6
Uniform and Appearance.....	7
Squad Placement (Varsity, Junior Varsity, C-1, and C-2) / Playing Time.....	8
Weekend Obligations.....	8
Communication Policy.....	9
Supporting the Program/Parent Code of Conduct.....	10
Fundraising.....	11
Violations.....	11
Social Media.....	12
Social Rules/Responsibilities.....	12
Rigor and Commitment.....	12
SOUTH ANCHORAGE VOLLEYBALL HANDBOOK 2017-2018	
AGREEMENT / SIGNATURE PAGE.....	13

Core Values/Covenants

All team standards and procedures are designed to reinforce the core values of our program:

FAMILY DRIVEN ELITE RESILIENT

Core values are the fundamental beliefs of an organization. These guiding principals dictate behavior and can help our athletes determine what actions are acceptable and unacceptable. Rather than have a list of 50 rules of the program, we ask our athletes to consider if their actions are in line with the core covenants.

The core covenants were determined by the returning athletes on last season's squads during optional proactive workshops. They were chosen based on who we are and the attributes we believe will help us achieve our goals.

Leadership

In addition to the core values of the program, participating in high school athletics should additionally be viewed as participating in a leadership program. In addition to athletic skills, athletes are expected to be learning to be active participants in the community and advance their leadership abilities. All personality types and genders can become great leaders and sports are an excellent and safe environment to learn.

Attendance

In order to be prepared to play the game and demonstrate commitment to the team, players must attend every program event, training, practice, and match. All calendars and schedules can be found on your team's team-snap site, and the ASD activities website.

For prearranged absences you are required to notify your coach a **minimum of three school days in advance**:

Varsity: Coach Amy Mestas 907-382-5736

Junior Varsity: Coach Audra Doner 907-229-3683

C1-Team: Coach Christina Jones 907-223-3494

C2-Team: Coach Colleen Dunn 907-360-5904

Excused absences are for player illness, academic activities preapproved by the coaching staff, and family emergency. Please avoid scheduling appointments, family events, tutoring, meetings with teachers, etc. during practice times. School work is not an excuse for absence. Please manage your free time to assure that you take care of your academic commitments.

An injured player is expected to attend all practices and team events (unless attendance will hinder recovery). There are many ways injured players can help their team and reinforce their commitment to their teammates.

A player must attend a minimum of half of their class hours during the school day to be eligible to suit up for practice or matches. Any player who does not meet this requirement will still be expected to show up for games but not allowed to suit up.

Missed practices affect playing time. At the C-Team and Junior Varsity levels, players will not play in the first set of a match if they miss the practice (excused) before the match. At the Varsity level, players will not start the match if they miss the practice (excused) the day before the match. This is to insure the athlete has time to be brought up to speed on information covered in the previous practice for safety and team cohesion. The player will receive playing time in subsequent set(s) based on the playing time philosophies of the different levels.

At all levels, an athlete who has an unexcused absence will not play in the following match. After the second unexcused absence, the player will sit two matches and a player-parent meeting will be called. If there is a pattern of unexcused absences, the player risks removal from the program.

Practice

The following are some of the major expectations our coaching staff wants to emphasize before practices begin. This does not however encompass all of the behaviors that players will be expected to uphold during the course of the season:

- Athletes must be fully dressed and ready to participate at the start of practice time. Ready means the following:
 - Nets are set up
 - Volleyballs/carts/other equip is ready to use
 - Athlete has eaten and is hydrated
 - Athlete has a full water bottle and a healthy snack ready to eat as soon as practice is over
 - Athlete is focused on volleyball
 - Athlete is mentally and emotionally ready to compete
- Athletes are only allowed to change into their gear in the locker room or bathroom. Changing inside the gym is not allowed.
- There is no cell phone use during practice, even at water break, unless there is an emergency where an athlete needs her phone near and has gotten prior approval from their coach.
- Any music and/or playlists used during set-up at practice or pre-game warm-ups must be approved by the coaching staff before it is played. The playing of music will be only at the coaching staff's discretion.
- Athletes are expected to be respectful and hospitable towards opponents, coaches, teammates, administration, fans, officials, and self.
- C-team and JV athletes must ride the bus to all matches. No bus will be provided on the way home. Varsity athletes must ride the bus to our Eagle River and Chugiak away games. No bus will be provided on the way home.
- There will be no busses to weekend events.

Grades

In order to maintain eligibility, high school athletes are required to maintain a 2.0 GPA. However, we expect our teams to perform at a higher academic standard.

Grade checks (Zangle print out or drag sheet) will be required to be turned in to your coach every other Monday on the following dates:

September
September
October
October

They will be reviewed by the coaching staff to stay up to date on academic progress. However, we believe that it is the student's responsibility to monitor their grades and stay eligible. Time management and commitment to responsibilities are invaluable lessons for our young women to learn while participating in sports. School work is not an excuse to miss practices. Tutoring is available and encouraged; the coaching staff can assist in finding an athlete tutoring.

Struggles with academic expectations are not a reason to quit the program. Ceasing to be a part of the volleyball program should not be viewed as a punishment to an individual, but rather to the team. We believe in teaching our players about time management and the values of fulfilling a season long commitment. Quitting is a sure way to lose, and it only teaches one to be fully committed to school or fully committed to volleyball. Players must learn to do both. If a player becomes academically ineligible, they are expected to still assist the team in different areas, as specified by the school administration and coaching staff.

Athletes at all levels are expected to maintain a 3.0 cumulative GPA or be working toward improving their current GPA. If an athlete's GPA drops below a 3.0 the coaches will work with the parents and the athlete to develop an action plan for improvement. Playing time may or may not be altered while the athlete is improving their GPA.

If an athlete has an F in any class or a cumulative GPA of less than 2.0, they are not eligible to play in a match until the grade has improved to at least a D and their overall GPA is above a 2.0.

Our athletes are students first and are expected to perform at a level that reflects a greater value on their education and learning.

Uniform and Appearance

While our athletes are representing South Anchorage Volleyball, we expect them to maintain a professional and appropriate appearance that reinforces the team concept, including:

- South Volleyball practice shirts (every practice – Clean!!!!)
- Spandex Shorts - Unaltered, unrolled, and appropriately fitting (coaches discretion)
- Proper uniform and respectful appearance on game day—unaltered
- NO Jewelry—NFHS Regulation
- NO Swearing— Profanity shows a lack of self-discipline and control, this also greatly diminishes the elite appearance of our program and will not be tolerated.
- No Gum – chewing gum while participating in athletics increases the risk of choking and reduces the athlete's ability to effectively communicate.

Squad Placement (Varsity, Junior Varsity, and C-Teams) / Playing Time

Team placement will be at the discretion of the coaching staff. Players may move up a level as needs arise for practices or matches. An athlete is only on one team at a time. They may be asked to play at a higher level in order to gain experience, but they are still on their original team, unless the coaching staff specifically moves them to the next level. Player's will not move down a level during the season.

Many factors are considered when determining team placement and playing time. We will play THE BEST OF THE DESERVING. To determine this, we consider the following player attributes, *in addition to talent*: knowledge, effort, attitude, self-discipline, dedication, toughness, creativity, selflessness, focus, and coachability, among other traits.

Players will "letter" in volleyball if they have completed the full league season on the varsity team. If players only completed a portion of the league season, "lettering" will be at the discretion of the coaching staff.

Individual evaluations are performed and discussed twice a year with each player. These evaluations are meant to clarify roles, squad placement, and playing time for each player. If a player decides to quit the program, they will not be allowed to rejoin the program later during the season if they change their mind. In addition, if a player is removed from, or decides to quit the program, no fundraising money or other fees will be refunded.

Playing time expectations are different at each of the four levels:

- **C2-Team** – all players will receive **some** playing time in each match for the whole season. Playing time may not be equal.
- **C1-Team** – all players will receive **some** playing time in each match during the first half of the season. Playing time will be less even in the second half of the season, but all C1 players will receive some playing time in at least every other match.
- **JV Team** - all players will receive some playing time in at least every other match during the first half of the season. **No playing time is guaranteed during the second half of the season.** All players are anticipated to get some playing time in at least every third match.
- **Varsity Team** – **No playing time is guaranteed.** All players are anticipated to get some playing time in at least every third match.

All playing time is at the discretion of the coach. Playing time may be lost if an athlete is not abiding by the expectations of the program. While playing time itself is not an "open" topic for discussion, the coaching staff is more than willing to discuss our evaluation of your daughter and discuss areas where they can improve.

Weekend Obligations

Players are expected to attend all weekend events, including practices, tournaments, social/program bonding events, community outreach events, and any other program events during the season. The attendance policy will apply to all weekend events.

Communication Policy for Conflict Resolution

Players and parents shall adhere to the following when communicating with coaches and administration:

1. Have your daughter talk to the coaching staff first, at an appropriate time and in an appropriate manner. We are trying to build independent and self-reliant young women. The coach will follow up with an e-mail to the player and the parents with the main points of discussion unless the athlete specifically requests the conversation to be kept confidential.
2. If information was not conveyed from the player or was unclear, parents are welcome to follow up with the coaching staff either by text or email to request a meeting. A meeting with the players and the parents present will then be set up to discuss the situation and possible solutions.
3. If a resolution is unable to be reached at this point, then a meeting with the player, parents, coaches, and administration can be called to work through the issue.

The purpose of this communication policy is to build independence and leadership ability in our players and teach them to handle their own responsibilities. The coaching staff is more than willing to interact and communicate with parents, but not at the expense of the players. We are looking forward to meeting and talking to all of you throughout the season.

If a negative situation arises where there is a grievance and communication between parents and coach is necessary, please adhere to the following guidelines.

1. Observe a 24-hour cooling off period before initiating contact. Do not approach a coach with an issue before, during, or directly after a match. It is acceptable to immediately send an e-mail or a text requesting a meeting, but it should not include specifics.
2. We will set up a professional meeting in person or a phone appointment. We will not talk on the court. Be prepared to have your daughter present at the meeting. Players WILL ALWAYS be in attendance at parent meetings, however, there may be a need to have your daughter step out of the meeting at some point.
3. We will never discuss other players—only yours.
4. Please wait until after speaking with the coaching staff before contacting the administration.

We do not encourage emails be exchanged between parents and coaches as a form of conflict resolution. **All written communication from a parent to a coach can be shared with the athlete at the coach's discretion.** Please do not write to your child's coach with a caveat that you do not want the coach to share the information. If a confidential parent-coach conversation is necessary, please schedule a time to meet with the coach and have a face-to-face meeting.

Supporting the Program/Parent Code of Conduct

Players, parents, and families are expected to support the South Anchorage Volleyball program both verbally and with actions. This in no way means you have to agree with every decision that is made regarding the program. Everyone is entitled to their own opinion. The coaching staff is open to hearing opinions when they are brought about in an appropriate manner. Opinions that are conveyed in deliberately damaging and demeaning verbiage in front of other players and parents will not be tolerated.

It is the coaches' responsibility to quell any negative talk among the players and the team. The responsibility falls to the parents to quell any negative talk in the stands and community. Verbalizing your negative opinions to others is detrimental to a program, and therefore to your daughter's success and experience. Despite how strongly you may feel, it never helps to attack any part of this volleyball program, it only destroys.

We are all working together to support your daughters and give them the best volleyball experience possible. **All South Wolverine Volleyball athletes are expected to attend, support, and cheer throughout the entirety of all home volleyball matches.** They are encouraged to be present for all away matches. Positive and loud support from all of our teams keeps the energy in the gym on our program's side. There is only so much energy in a given space (like a gymnasium). More often than not, the positive support of a program, while attending a match, can tip the proverbial "energy scale" in our favor.

Support must be in a positive manner and reflect the core values of our program. This means that negative chants or cheers will not be tolerated. Anything that tears down or is rooted in a negative light towards our opponent does not show respect for true competition and sportsmanship in the game of volleyball. However, any chant/cheer can be modified to be positive and give support towards our team and their efforts. This is the sort of positive support we strive to receive from each and every South athlete while in attendance at our volleyball matches.

We are more than happy to discuss any and all issues you or your daughter are having with regards to our volleyball program. That being said, playing time is not an "issue." See the Squad Placement/Playing Time section for more information. If you would like to know ways that your daughter can improve in certain areas, we are more than happy to discuss this with you.

There are two major things that can tear down the potential of a great athlete, team, or program in sports. They are injury and negative support from the outside world. Since the majority of our student athlete's support comes from their parents, it is important to briefly discuss our parent code of conduct. Simply put, be positive at all times. DO NOT engage in or let negativity surround you with regards to our volleyball program; instead lead by example and make sure we are all "*pushing in the same direction.*" If you feel that you need to let our coaching staff know of an incident, please use the appropriate channels to make a complaint to the coaching staff as soon as possible (see Communication Guidelines above).

Do not ignore the problem and let it grow into something much bigger and damaging to the well-being and positive environment of the program.

Fundraising

In order to maintain up-to-date and high quality equipment, uniforms, travel, and other assets our program utilizes, it is necessary to raise significant funds for the program. We ask that each player participate.

Participation in these programs is part of the commitment to the team and the future of the program. Every player is expected to contribute significant effort in regards to fundraising. Parent and family help is always encouraged and supported. However, the players bare more of a responsibility to the program than their families do and that should be reflected in fundraising activities. If a player or family cannot participate in a particular fundraising activity, then they must let the coaching staff know in advance.

All athletes are expected to work a minimum of one week of the South volleyball camps that will be held within the first three weeks of school getting out. If an athlete is unable to participate in part or all of the camp, please communicate the reason to the coach as soon as possible.

Warm-up sweats are available at a cost of \$125 (you do not need to purchase a new set if you purchased it in the past). Varsity athletes have a \$60 fee for pre-game attire. While these fees are not mandatory, athletes will not receive these items unless they are paid for.

Violations

If an athlete is in violation of the South Anchorage High School rules, the athletic code, the attendance policy, or this handbook, it shall be deemed as grounds for suspension or dismissal from the team at the discretion of the head coach and/or administration. An athlete dismissed from the team for disciplinary reasons shall be ineligible for athletic competition for the remainder of that sport season, or until the disciplinary time period is completed. Dismissal from a team shall result in a loss of all honors and awards to be received in that sport.

Social Media

Our volleyball program believes in the positive use of social media to promote our program. Twitter, FaceBook, Instagram, Snapchat, etc. are all powerful tools when used responsibly.

Athletes are expected to uphold an honorable and respectful demeanor with any interaction over social media. Parents be aware that not all social media is private unless made so. Secondly, any discovery of negative postings about the program, coaching staff, players, opponents, and any other individual will not be tolerated and will serve as grounds for immediate suspension or dismissal. There will be zero tolerance for inappropriate social media use. Any posts regarding a breaking of the athletic code of ethics or school standards will also be grounds for suspension or dismissal from the South Anchorage Volleyball Program. If you have any doubt if a post, picture, or comment will be viewed as inappropriate, do not press send/post. No social media post is worth being suspended or removed from the volleyball program.

Social Rules/Responsibilities

As a member of our rigorous sports program it is important for both the athlete and their family to understand the potential for outside social distractions that could be detrimental to the success of the student athlete both on the court and in the classroom. These include but are not limited to: staying out late at night/not sleeping enough, dating/boyfriends, partying, and the use of any illegal substance such as drug, tobacco, or alcohol. Any combination of these topics will more than likely affect the athlete's potential greatness in a negative way. If any of the aforementioned topics get in the way of your sporting or academic progress you may be removed from the team.

Rigor and Commitment

All athletes upon signing this handbook commit to the rigor of the entire volleyball season. In hopes of remaining competitive and achieving our goals as a program the staff has maximized the allotted practice time.

We will be practicing a minimum of 1.75 hours (C-Teams) 2.00 hours (JV/V) each day at every level unless we have a match. Varsity has additional time requirements for position specific training (C-Team and JV athletes can attend the additional practices as an option, but it is not required). Set up and take down of equipment is not included in the workout times. Please plan transportation to and from practice with this in mind.

As a program we will also be participating in team bonding events and volunteering in the community. Please consider carefully any other commitments made during the volleyball season.

SOUTH ANCHORAGE VOLLEYBALL HANDBOOK 2019-2020

AGREEMENT / SIGNATURE PAGE

We excel in the classroom and in the mastery of volleyball. We strive to be noticeably different and appealing in our pursuit of being elite, driven, resilient, and a family.

**We lead. We stand together. We are relentless!
We are the Wolverines!**

According to the late great John Wooden, "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

With my signature below I acknowledge that my parents and I have read, understand, and agree to abide by the South Anchorage High School Wolverines Volleyball team policies and procedures as well as the discipline/penalties associated with not following these rules as outlined in this handbook.

Athlete _____
Print

Athlete _____ **Date** _____
Signature

Parent/Guardian _____
Print

Parent/Guardian _____ **Date** _____
Signature

Parent/Guardian _____
Print

Parent/Guardian _____ **Date** _____
Signature

Coach _____
Print

Coach _____ **Date** _____
Signature

South Administrator _____
Print

South Administrator _____ **Date** _____
Signature

Please sign, detach, and return this page to the South Anchorage Volleyball Coaching Staff. Your athlete will be eligible to participate in competition once this form has been turned in.