



**2019-20 Volleyball
Parent & Player
Handbook**

OUR PHILOSOPHY

The Northern Ozaukee Volleyball Program believes that the lessons athletics teaches stay with us throughout our lives. The structure, the discipline and effort required to succeed in sports – especially team sports – teaches its participants the lifelong lessons of teamwork, confidence, adversity and overcoming obstacles.

The Northern Ozaukee Volleyball Program is dedicated to the growth, development and education of its student-athletes. Our program values of Purpose, Accountability, Respect, Positivity, and Family provide the student-athletes with an atmosphere conducive to learning and growth both on and off the court. The Northern Ozaukee Volleyball Program believes in developing athletes with character traits that allow them to be successful in their future careers.

TRY-OUTS

Each year we evaluate a large number of athletes during tryouts, and every athlete is evaluated every year. Each athlete must come to tryouts physically & mentally prepared and ready to compete for a place on one of our three (3) teams (JV2, JV and Varsity). An athlete with a limiting physical or medical condition should contact the head coach prior to tryouts. Players should never assume because they are on a team one year they will automatically make a team the following year. Each year athlete's skills improve and each year the pool of athletes to choose from will change. Some athletes have extensive playing experience while others do not. Athletes go through a physical evaluation; coaches evaluate their potential as well as intrinsic traits and attitude. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be.

****Tryouts begin on Monday August 19th and will conclude after 2 practice sessions; Mon. Aug 19, Tue. August 20 (Wed. Aug. 21 if needed, Time TBA). To be selected to a team, you must attend all tryout sessions. Physical card/Alternate Year Card, WIAA Eligibility Form, Concussion Agreement, Parent/Player Handbook Sign-off must be taken care of prior to August 19, 2019 in order to participate in tryouts. No Exceptions. If these forms are not turned in and accounted for, this may/will affect your opportunity to make a team.**

All players will be evaluated by several members of the volleyball program staff. Even if these coaches aren't standing directly on the court, there are evaluators watching for skills, attitude and also leadership and communication skills from each athlete.

Coaches from all levels will evaluate the athletes based upon three key areas.

Overall Skills

Ball control, serving, passing, attacking, setting, blocking, court knowledge, aggressiveness and understanding of the game by level & experience (this is your ability to understand drills/games, position, and make the best plays offensively and defensively.)

Athleticism

Volleyball specific athleticism, lateral quickness, speed, jumping ability, aerobic conditioning, strength, agility, and ability to change directions quickly and while still making volleyball specific plays.

Attitude and Commitment

Leadership, hustle, positive interaction with your teammates and coaches *at all times*, ability to accept feedback and apply it to the court effectively are also viewed equally among the three traits. Remember playing volleyball for the Warriors is a *privilege*.

High school volleyball is extremely competitive, requires exceptional eye hand coordination, ability to work as one with others like no other sport. No one skill is viewed higher than others, all skills are viewed equal to make up a complete volleyball player. The Northern Ozaukee Volleyball Program needs all levels JV2, JV, and varsity to function at a consistent high level. Teams are based on the coaches discretion of what they believe will help develop players to build a successful program and individual teams.

Each athlete that tries out for a team will be given notification of her status upon the completion of the tryout sessions. Those who do not make a team are more than welcome to come back and try out for the team the following season. The players that make a team will be told of their status during the final practice session. We will carry approximately 12-14 players for each team.

It is important that each player who is selected for a team fully understands the commitment they are making to the program and that you all understand the effort it takes to make the season successful.

ATTENDANCE

Attendance at all volleyball related events is highly important. You must be in the gym at the scheduled start time prepared for practice. You are required, as a member of this volleyball program, to be at all practices and volleyball events. It is your responsibility to schedule all other events around volleyball. This includes jobs, clubs, activities, driver's ed. and any appointments. **No excuse, except illness, injury, or a family crisis or emergency will be accepted for missing practice /game/tournament or for being late or leaving early for those same events. Above all, you need to communicate a reason for your absence/tardiness or need to leave early with your coach in advance... not when you are leaving. It is not your teammate's or parents responsibility to inform your coach why you are absent, running late, or leaving early.** This must be communicated well in advance by either a phone call, with a voice message or email. If you miss a practice due to anything other than illness, injury, or emergency, you will be required to take responsibility for your actions. The coaching staff will decide whether or not you are ready to practice and/or participate at the next

scheduled match or tournament due to loss of knowledge and repetitions from missing practice. Missing practice for any reason may result in an adjustment and review of playing time. You will be allowed three (3) unexcused absences during the season and any absence thereafter will result in suspension from the team. **Unexcused absences include things such as jobs, clubs, activities, driver's ed., school suspension, detention, vacations and any appointments. No call/no communication to your coach for an absence will result in an immediate suspension from all playing time at next scheduled match or tournament.** Our season is short and competition for playing time is high, so it is important that each athlete be at all practices and games. Learning to make good decisions, keeping and fulfilling commitment(s) to your team is part of being a young athlete. As athletes and individuals, we will at some point be presented with situations where we must make a decision that can impact the team, yourself, and others.

All players are **required** to work during our scheduled home tournaments if they are not competing in the tournament. These events are fundraisers for our program. Being absent from one of these events will count as three (3) unexcused absences. All players will be working as line judges, running the score board, score book, libero tracker, or running the admissions table.

EVENT	TEAMS REQUIRED TO WORK
JV Invite Saturday September 7	Varsity
Varsity Tournament Saturday September 14	JV & JV2
JV2 Quad Monday September 16	Varsity
Varsity Invite Saturday September 21	JV & JV2

PRACTICE & MATCH GUIDELINES

You must be on time and prepared for practice every day at the scheduled start time. **You must be in school all day and attend every class period to be eligible to play in a game or participate at practice that afternoon.** Jewelry, iPod's, mp3 players cell phones, or other electronic devices are not allowed at practice. Phones will be turned off during your practice sessions and kept in your locker or gym bag. Help prepare the court before practice and clean up after practice. You are expected to be focused and prepared to work hard every day.

1. Active listening is expected. Eyes on your coach. NO interruptions while your coach is speaking.
2. There is no sitting down in practice unless so instructed by your coach.
3. Practice will start on time with all equipment set-up and ready and will end when all equipment is returned to its place (nets, standards, balls, training equipment, etc.).
4. All taping and putting on gear will be done *at least* ten minutes prior to the start of practice. This includes shoes (tied and tight), all jewelry removed (necklaces, bracelets, earrings, nose rings, watches, hair clips that are not flat, belly button rings may not show, etc.), knee pads, ankle braces (if required) and socks.
5. All loose hair will be pulled back in a ponytail or braided and out of your face. Hair may not be left down.
6. Run when called over by the coach for instructions.

7. Do not talk to teammates while the coach is giving instructions or talking to the team. At the end of the instruction, the coach will address any questions that a player may have. This is done to ensure everyone knows and understands the expectations of the drill or skill.
8. If you must leave the practice site or the practice itself for any reason, you must notify a coach.
9. Players must report any injury or illness immediately to their coach.
10. Failure to maintain emotional control during practice, match or a tournament may lead to dismissal from all or part of such event.
11. No profanity allowed at any time by any member of the Northern Ozaukee Volleyball Program.
12. Mentally prepare yourself for each practice. Concentrate and focus on improving your skills at this time. This is where your playing time is earned.
13. At matches and tournaments, always run off the court for time-outs or substitutions, subs will always run up to the substitution zone. Be prepared and ready to play!
14. All players must wear school issued team uniform in matches and tournaments.
15. Above all else have fun, work hard, and learn as much as you can!

ATHLETIC TRAINING ROOM

Treat our athletic trainers with respect by being on time for your appointments, by being patient, and by understanding you are not the only athlete they are working with. The athletic trainer is very busy and has multiple athletes to work with in a short period of time. Help the trainer by picking up after yourself (i.e.: tape, ice bags, etc.) Do not hang out in the training room unless you are receiving treatment or have permission from the trainer.

GAME DAY

Game day is exciting! This is the day you prepare for during your hard work in practice. Here are a few items to follow in order to make each game day memorable. You must dress according to team standards. **Varsity players will be ACTIVE supporters in the stands for the JV2 and JV games. JV2 and JV players will be in the stands and show ACTIVE support for the varsity team.** Our volleyball program's success isn't based on your skill or your individual teams' success, rather the entire program supporting one another. At all home and away matches, teams will be seated in the stands with one another during the match and may not wander the school.

You will always demonstrate good sportsmanship and shake hands with opponents and coaches as well as always follow the WIAA rules. Respect the officials. Captains will always shake the hands and thank the officials after every match. Hustle for them at all times and retrieve loose balls, rolling the ball back under the net. Reply by saying "thank you" and "yes sir/ma'am or no sir/ma'am". Never complain or argue with an official. You will not show frustration with a call by slamming a ball, rolling your eyes, using profanity, or making an offensive gesture. The head coach and floor captain are the only individuals permitted to talk to the official. A Northern Ozaukee Warrior is the epitome of good sportsmanship and we will always conduct ourselves in such a manner because everyone is watching.

TRAVEL GUIDELINES

Be to the school 15 minutes before the departure of the bus. Don't forget your uniform and all gear. Help load and unload the bus. If you miss the bus you must ride with your parent/guardians to the game, and are not allowed to drive yourself. Missing the bus will result in playing time to be reviewed for that competition. **You are expected to ride the bus to the event and back home on the bus.** Keep the bus clean and remember to thank our team driver. In the event of an emergency or crisis, your parents will have access to contact the coaches as we will be providing our phone information to them.

Itineraries will be told to each athlete before each match and tournament. The tentative schedule in the itinerary is to be followed unless otherwise specified.

Itineraries will include:

- A) Meeting places
- B) Match times
 - C) Directions to Tournaments for parents
 - D) Schedule of play for tournaments when available
 - E) Every athlete will attend and participate in all activities unless excused by a coach.
 - F) A player found disobeying the rules set forth by the coaching staff will result in immediate suspension. A player may be reinstated or expelled following a review.

PLAYING TIME

Playing time is very important to each athlete. It is important to apply the skills and fundamentals taught in practice in a match situation – only then can a coach and player truly realize which skills the player is proficient at and which skills require more training. We will assure a “fair” amount of playing time for every player, based on skill, effort and attitude, not an “equal” amount.

Playing time is earned by attending and working hard in practice to improve individual and team skills, as well as executing the skills when given the opportunity to play. Those skills and abilities may include being a hitter in the front row or serving and playing defense in the back row or playing all the way around. **THE AMOUNT OF PLAYING TIME FOR ALL PLAYERS IS AT THE DISCRETION OF THE COACH BASED ON SKILL LEVEL ACHIEVED IN PRACTICE AND WHEN GIVEN PLAYING OPPORTUNITIES IN GAMES AND WILL NOT BE EQUAL FOR ALL PLAYERS.**

Attitude toward teammates and coaches, willingness to learn and apply, communication and comprehension also weigh heavily into playing time considerations.

Communication Regarding Playing Time

Please do NOT talk to the coach about playing time during or immediately following a match or a tournament. If you and/or your daughter have a concern about playing time, it is best to set up a meeting with the coach (along with your daughter) to discuss playing time and the reasoning behind why these decisions were made. Remember, if your daughter has not addressed playing time concerns with her coach we expect that conversation to occur first.

COMMUNICATION

The coaching staff will keep you informed on any upcoming information during the season such as: apparel information, schedule changes, fundraising events, organization of team events such as pasta parties, team photos and picture day, monthly practice schedule, camps and clinics, etc. Also, please check our website for updates throughout the season.

Communication Policy & Guidelines

Parenting and coaching are important and complementary vocations and by working together we are able to better provide benefits to the player. Since she is beginning to move into the adult world, one of our goals is to make them responsible for their own actions.

Communication Coaches Expect From Parents

- Advanced notification of any schedule conflicts. Preferably an email.
- Specific concern in regard to a coach's philosophy of program standards and/or
- expectations, not anything specific to team strategy.

Since our goal as a program is to move each athlete forward in their development as a player and a person, it is our request that you encourage your child to discuss any questions first with their coach.

Appropriate Concerns to Discuss With Coaches

- The treatment of your child – both mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Our coaches are professionals who make tough decisions based on what they believe to be the best for the team and all athletes involved. Certain things can and should be discussed with coaches. Other things, such as those in the following section, must be left to the discretion of the coach and will not be discussed, either in person, via phone or email:

Issues Not Appropriate To Discuss With Coaches

Team Strategy
Play Calling
Other Athletes

Situations may arise that may require a conference between the coach and a parent. These are to be encouraged, and it's important that both parents/guardians of the player have a clear understanding of the other's perspective done in a respectful manner.

GRIEVANCE PROCEDURE

The following guidelines have been established to protect the players, coaches and parents from awkward and inappropriate situations when it comes to the professional discussion and handling of grievances. The coaches within the Northern Ozaukee Volleyball Program have been instructed to adhere to these guidelines to better maintain the team/player/parent relationship.

The procedure to discuss concerns about policies and actions are as follows:

The athlete should speak with the coach regarding the matter FIRST.

- If the matter remains unresolved and there is a legitimate concern, the parent AND athlete should request to meet with the coach. Coaches will ONLY meet with parents when the athlete is present, and not at a match or tournament.
- Observe the "24 hour rule": Do not confront a coach before, during or after an event. Arrange to meet with your coach at a convenient time for all parties, including before or after practice, 24 hours after your issue arises.
- If a parent approaches a coach during a match or tournament with a concern, we have instructed our coaches to respectfully refuse to discuss the situation, and ask that they set up an appointment.
- We also instruct our coaches not to get involved in a texting or emailing conversation.

If the matter still remains unresolved, the parent can request a meeting with the head coach and/or athletic director, along with the coach and the player. THE PLAYER MUST BE PRESENT AT THE MEETING.

It is important that players and parents alike understand that conversation with a coach is allowed and encouraged at any time throughout the season as long as it is civil and polite. However, when problems arise, we will all need to be rational and calm before discussion occurs.

PLAYER CODE OF CONDUCT

In the Northern Ozaukee Volleyball Program attitude is very important. We encourage a positive attitude from everyone who is on the team. All team members should be supportive and respectful of each other. A positive experience and growth process can only be achieved by having an atmosphere in which a team works together as a whole and not as individual players. As a team member for Northern Ozaukee Volleyball it is very important to respect all adults involved with the sport. This starts with the coaches, who try their best to bring out the best in all our players and are dedicated to the sport of volleyball. Every coach will see individual talent in a different way. Allow the coach to bring out this talent as it will make you a stronger, more talented and valuable player. We ask that on the court, you as a player do not argue with the officials of the game. We know not

all calls are correct. We would like you to concentrate on things you can control, which is your attitude & playing ability. Good sportsmanship is a must. On and off the court, whether at a tournament or at practice only a positive showing of sportsmanship will be tolerated. Remember when you are selected to one of the three (3) Northern Ozaukee Volleyball teams, you represent your team, your school, your family, your community and not just yourself. Each athlete will be expected to comply with the rules and regulations outlined in this handbook. Athletes will conduct themselves in such a manner that they bring credit and respect to their families, teammates, the Northern Ozaukee Volleyball Program and the Northern Ozaukee School District. Anyone who willfully performs any act that is detrimental to; themselves, their school, or the Northern Ozaukee Volleyball Program shall be subject to discipline up to and including expulsion from the program.

DISCIPLINE: Will mean any form of corrective action deemed necessary to correct the problem in accordance with team rules and the athletic code.

Each athlete will be told what needs to be corrected and given a specific time frame in which to accomplish it. The athlete will be expected to participate in practices and travel to matches and tournaments even though they may not play. If an athlete makes no attempt to correct a specific problem in the specific time frame, he/she may be suspended or expelled from the team.

SUSPENSION: Will mean a suspension from participation in any team related activity for a specific number of days in accordance to/with team rules and Athletic Code. A suspension is usually a last chance result of a disciplinary problem.

EXPULSION: Will mean that the athlete will be denied the right to any future participation or privilege in the Northern Ozaukee Volleyball Program.

Prior to the implementation of the above sanctions, a conference with the athlete, the head coach and/or athletic director will be conducted to ensure the athlete's understanding of the problem and its actions.

The Northern Ozaukee High School Activities Code will be strictly adhered to and supported by the coaching staff and its players and will work in unison with the Team Handbook.

PARENT CODE OF CONDUCT

Your child has a large amount of options in sports these days. Northern Ozaukee Volleyball asks you as a parent to help your child decide whether or not they are willing to put in the effort and commitment that is necessary to achieve the positive outcome we are looking for. This would include an effort as a parent to get your child to all practices and team organized activities on time.

This includes proper nutrition and sleep so a consistent improvement in skills can be realized. We ask that parents learn the rules of volleyball. By learning the rules it makes the practices and games more enjoyable for all. This will also help you understand what the coaches are working toward and why we do things a certain way. We as a program try to explain any rules and regulations of the game so we can all be better spectators and be positive role models for our children. It is very important for the parents to respect the coaches, administration and the officials. If the parents do not respect the people of authority involved with the sport of volleyball then how can we expect our children to respect the coaches, administration and officials? Children learn by example, therefore, be a positive role model for your child. Keep in mind everyone is trying to do the best job that they can and your support is appreciated. Obscenities in and around practices and games will not be tolerated. If you learn to keep your composure you can teach your child will do the same. Remember it is a blessing to be able to watch your daughter compete in the great game of volleyball. Remember to take the time and let them know how much you enjoy watching them play.

Above all, we want our parents to enjoy their time as a Northern Ozaukee Volleyball Parent through actively supporting, cheering, positively encouraging, trusting and reinforcing the coach's decisions with your daughters!

Northern Ozaukee Volleyball Signature Page (Parent/Player Copy)

I have read reviewed and understand this handbook and agree to follow these rules and any other rules and regulations deemed appropriate by Northern Ozaukee Volleyball and Northern Ozaukee High School Athletics. By signing this agreement, the player and parent signify they understand the rules and regulations to participate with Northern Ozaukee Volleyball.

Rules included in this manual may only be the basic guidelines and other rules and guidelines may be added throughout the playing season that would enhance the performance and structure of Northern Ozaukee Volleyball.

I understand that I am committing to Northern Ozaukee Volleyball for the entire 2019-20 season.

I understand the communication procedures outlined in this handbook and will follow these procedures should an issue arise during the season.

Parent(s), Legal Guardian(s) Signature **Date**

Player Signature **Date**

Player and Parent PRINTED Name & Team

Northern Ozaukee Volleyball Signature Page (TEAM Copy) – Return this form PRIOR to the 1st day of tryouts.

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