

VOLLEYBALL EXPECTATIONS

Realize that if you miss practice, you miss the information presented that day. If you are going to miss practice, you must have a note from a doctor, parent, or guardian turned in **before** practice, or it is considered unexcused. A note **does not** make every absence excused. For example, hair, doctor, dentist appointments etc., and **work** should be scheduled around practice times. Absences for school activities (FFA, music, cross country, competitive cheer, sideline cheer, etc) are excused, but they will be treated as absences as far as playing time is concerned. If a student-athlete is ill or absent for a school activity for several days then they will be expected to practice before they return to competition. All high school athletes must have 10 practices in before they can play in their first match. Middle school athletes must complete 9 practices before they can play in their first match. Notify the coach with a note from a doctor, parent, or guardian if you are unable to play in a match as soon as you know.



The consequences of absences are as follows:

- 1st-You will not start, or you will have adjusted playing time.
- 2nd-You will sit out a match.
- 3rd-You will be removed from the team.

The consequences of unexcused absences are as follows:

- 1st-You will sit out a match.
- 2nd-You will be removed from the team.

Visible body markings such as body paint, glitter, “unnaturally colored” hair, and **jewelry** are not allowed by state association rules. Hence, they are not allowed in practice either—especially the jewelry. There will be no taping of jewelry—it **MUST** be removed for EVERY practice and match.

On game days, dress appropriately to signify the unity of the team. At the beginning of warm-ups of the first team competing, all cell phones will go in a team box until the last team is finished competing. We would like everyone to ride the bus home with the team unless there are transportation issues.

We are a team, and we will act as one. Everyone will sit behind the bench as a team for all matches—A, B, and C. All high school athletes are required to be at the home matches at the DESIGNATED time if they want to compete that night.

The locker room is for athletes and coaches only. If your daughter is in the locker room, the coaches or another athlete would be more than happy to get your daughter for you.

Be aware of the high school/junior high school grade eligibility policy and how it impacts you.

Whining, whispering, or complaining will not be tolerated. If you have a concern or question, you need to visit with the coaching staff immediately. Spreading rumors and gossip is not a way to validate your concerns or questions.

We expect all training rules to be followed by all athletes.

Practice Expectations

In order for a safe and productive practice, the balls should be picked up and put in the carts so people do not get hurt. Do not throw the balls in the cart. Also, if you are currently not involved in a drill then you need to be shagging balls as fast as you can.

Hustle in practice--walking or sitting down during practice will not be tolerated. There is always something you could be doing. You do not need your phone at practice.

No “seniority “ rules will be tolerated. We are all members of the DHS volleyball team. For example-- If you need a ball you can go get one. Teams will be picked based on ability—not grade in school. ABC teams are not “grade in school” specific; they are ability level specific. **We try to put the athletes on the team that will allow them the most playing time.**

Warm ups are to be used for warming up--be serious. If you lose a ball, run after it with your partner.

Respect the equipment—do not pull, lean, or hang on the nets. Do not kick or shoot the volleyballs.

Be on time because tardiness affects the whole team—pre-practice begins as soon as you get changed.

Social Networking Expectations:

The Deubrook Area Schools Volleyball team recognizes its student-athletes’ rights to freedom of speech, expression, and association, including the use of social networks. Each student-athlete must remember that they represent Deubrook Area, and are expected to portray themselves, their team, and the Deubrook Area Volleyball team, in a positive manner at all times.

If you participate on a social networking site:

- Everything you post is public information. Texts or photos are out of your control once placed online.
- Use caution when adding or inviting friends. Be careful posting information about your location or future plans.
- Use of disrespectful comments and behavior online will not be tolerated by the Deubrook Area volleyball team. This includes but is not limited to:
 - Comments or photos that depict unlawful or prohibited conduct.
 - Derogatory, defamatory, harassing, or discriminatory posts related to teammates, coaches, administration or others that adversely affect team chemistry.
 - Comments that create a serious danger to the safety of another person or that constitute a credible threat of emotional or physical injury to another person.

Situations involving any of the above activity will result in a meeting with the athlete, parents, coach, athletic director and/or the administration. The results of that meeting could range from just having the meeting, to different levels of suspension. Those involved in that decision will be the coach and the administration. This applies to all athletes on the Deubrook Area volleyball team in grades 7-12

Team Classification

7th Grade Team: The focus of the 7th grade team is to introduce volleyball skills, positions, and rules. All players will have a chance to participate. The athletes will concentrate on volleyball basics such as learning the skills, setting-up the ball (using all three hits), and learning rotations.

8th Grade Team: The focus of the 8th grade team is to introduce and reinforce volleyball skills and rules. All players will have a chance to participate. The athletes will still concentrate on serving and setting-up the ball along with the introduction of specialized positions, a quicker offensive set, and base defense.

C-Team: The focus of the C team is to continue to develop basic volleyball skills, to learn competitive volleyball, and to gain knowledge of volleyball strategy. We stress the implementation of base defense, serve receive, transitional offense, and free-ball offensive sets. The C-team consists of freshmen and often some upperclassmen. This is NOT to say that a freshman can not play on the junior varsity or varsity squads.

Junior Varsity (B Squad): Players in grades nine through eleven can be on this team (unless warranted by special circumstances). The focus of the junior varsity is to prepare the athletes to be varsity players, and to develop competitive attitudes and skills. All of the junior varsity players will get to play at some point during the year, but that is not to say they will get to play in every match.

Varsity (A Squad): Players in any grade can be on this team. The athletes on this team will be selected based on ability, desire, and coach-ability. The focus of the varsity is to work on individual and team skills to prepare athletes for post-season play.

All of the teams will concentrate on teaching academic responsibility, basic volleyball skills, teamwork, concentration, discipline, integrity, and dedication.

Volleyball Lettering Policy:

- 1) All athletes must abide by the Athletic handbook policies, school policies, and coaches' policies including training rules.
- 2) An athlete must play in 50% of all regular scheduled varsity matches,
- 3) Or, make the post-season tournament team at the end of the regular season.
- 4) Coaches Discretion

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communications you should expect from your child's coach:

- 1) Philosophy of the program.
- 2) Expectations the coach has for your child as well as all the other players on the squad.
- 3) Location and times of all practices and contests.
- 4) Team requirements such as equipment or off-season conditioning.
- 5) Discipline that results in the restriction or denial of your child's participation.

Communications coaches expect from parents:

- 1) Concerns expressed directly to the coach at an appropriate time.
- 2) Notification of any schedule conflicts as soon as possible.
- 3) Specific concern in regard to the coach's philosophy and/or expectations.
- 4) Be a fan of everyone on the team—cheer for the whole team.
- 5) Don't poison the water towards a coach, the program, or teammates by your conversation.
- 6) Be supportive of your child.

If you have concerns, we welcome you to come in and visit with our coaching staff. You will need to set up a meeting that will be attended by you the parents, your daughter, the junior high coach (if applicable), the head coach, and possibly the athletic director. It is not inappropriate to express concerns to the coach, but it needs to be done in a professional way which is why we expect you as parents to set up this meeting. It is inappropriate to approach a coach **at a match to discuss playing time or other concerns** as emotions are high, and the coach has a specific job to do at a match. It is absolutely inappropriate to discuss these matters DURING a match. **If you want to set up a meeting to visit about your concerns, please do not text the coaching staff—you can call or email any of us. All parent concerns will be discussed with your daughter by the coaching staff. Also, we as a coaching staff can not discuss other players with you—only your daughter.**

Rachelle DeBeer	rachelle.debeer@k12.sd.us	629-1101 ext 105; 479-2175 (home)
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Kayla Sherman	Kayla.sherman@k12.sd.us	794-1151 ext 210

Volleyball Highlights

Below, some of the major points from this packet have been highlighted. My signature indicates that I have been told or notified of the policy and philosophies of the Deubrook Area volleyball 2017 team. Please return this sheet with your signature and your daughter's. Thank you.

_____ (athlete's signature) _____ (date)
_____ (athlete's signature) _____ (date)
_____ (athlete's signature) _____ (date)

_____ (parent's signature) _____ (date)

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The locker room is for athletes only. If your daughter is in the locker room, the coaches or another athlete would be more than happy to get your daughter for you. Be aware of the new cell phone policy for matches.

Be aware of the high school/junior high school grade eligibility policy and how it impacts you.

Whining, whispering, or complaining will not be tolerated. If you have a concern or question, you need to visit with the coaching staff immediately. Spreading rumors and gossip is not a way to validate your concerns or questions.

Make sure you read and understand the social networking expectations.
We expect all training rules to be followed by all athletes.

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