



Howard Lake Waverly Winsted



2023 Junior High Laker Volleyball Parent & Player Handbook

Coaches

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Purpose

1. To build a winning tradition and program. Not that winning is everything, but the desire to win and the knowledge of what it takes to win is important.
2. To create a love for the game, the people around you, the competition 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.
4. To learn to benefit from both success and failure.
5. To develop physical skills, leadership skills, mental intensity, and emotional stability through experiences.
6. Allow players to grow not only as a volleyball player but a better athlete all around.
7. To learn to play a contributing role to a team and work cooperatively with teammates and coaches.
8. To put forth the best possible effort to achieve team and individual goals.

Practice Protocol

1. HUSTLE and NO BALLS HIT THE FLOOR!
2. Be on the court dressed and ready to play at 3:15. Practice will be done at 5:00. Practices will be Mondays-Thursdays. (If a Friday practice is scheduled, the coaches will let their team know ahead of time.)

3. Every player will learn how to set up and take down nets.
4. Practice attire:
 - a. Laker apparel
 - b. Blue or black spandex/shorts
 - c. Knee pads and ankle braces are strongly recommended if you have had ankle injuries.
 - d. Indoor court shoes must be worn. Bring outside running shoes for pre-season.
 - e. Hair needs to be in a ponytail and secured during practice.
 - f. No gum, jewelry, cut-off shirts, tank tops or printed spandex.
5. Playing time is earned at practice.
6. Bring a water bottle. Water breaks are taken as a team.
7. Non-team members are not allowed in the practice area. This includes parents. Please wait outside of the gym for your daughter to be done with practice.
8. Be respectful and responsible by representing HLWW volleyball and HLWW school at its highest.

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.

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.

Issues not appropriate to discuss with coaches...playing time, play calling, team strategy, and 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.

Playing Time

Teams will be determined by grade -- at the 7th and 8th grade level we will keep players with their grade unless there is a desire for more players at a specific level. During that time, the coaches will meet to discuss which player(s) will be moved around according to the situation. Depending on the amount of players at the JH level and/or other teams we face, in order to receive the most amount of touches during the season, there may be players staying back to practice while other players are traveling. This time will be split fairly between players.

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. (Navy, white, gray or black)
- Missing or damaged uniforms will need to be replaced at the cost of the athlete.
- Athletes need to wear white knee pads and navy spandex.
- No colored sports bras -- white, black, gray or navy.

Match Day/Travel Information

- Players are not eligible to participate in practice or games if they have an unexcused absence during the school day.
- Wright County Conference Games will run as follows:
 - Tuesday games will be "A" team first followed by "B" team
 - Thursday games will be "B" team first followed by "A" team
- Athletes will be expected to ride the team bus to and from away matches and tournaments.
- Be respectful on the bus. All players will remain seated on the bus, no moving from seat to seat.
- Be on time -- consequences will be enforced for tardiness.
- It is encouraged to wear matching attire on game days, team unity builds a program.
- If parents would like to transport their daughter home, the player/parent must contact the Athletic Office prior to the competition day. A form must be completed and submitted according to the Activities Office policy online.

Cell Phones

Cell phones will be turned off and put away during all bus rides to and from games. They will be only allowed for emergencies (contact a coach prior to use) as well as 15 minutes away from the school in order to call for rides. If needed, consequences will be enforced.

Eligibility

HLWW school handbook and MSHSL policies will be followed including academics, behavior, social media use, illegal substance use, alcohol, etc. Coaches may periodically check in with your teachers to make sure policies are being followed. Please refer to the Activities Handbook on the school website for details regarding eligibility.

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 HLWW school policies will result in loss of playing time. After agreeing and signing below, each athlete is eligible to participate in the HLWW Laker volleyball program.

Player Signature

Date

Parent Signature

Date

