



# Lady Tigersharks Volleyball Handbook

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## **Lady Tigershark Volleyball Mission**

The goal of the Tigersharks Volleyball Program is to help players achieve a love for the game, academic and athletic success, commitment, and personal potential. Learning how to respond to challenges as a student-athlete, wins and losses will help to develop character, independence, and future leaders. We hope following their playing days with the Tigersharks Volleyball Team, student-athletes will emerge as healthy, independent, and proactive leaders in the community.

## **Practice Guidelines & Expectations**

- ALL practices are mandatory for every player unless excused by the coach. (See attendance policy for more information)
- Get to practice early. Players should be dressed appropriately, with shoes, knee pads, and any braces on, and be stretched to be ready to start by the designated start time. Players who are late may be expected to run or complete other activities to make up for the time they missed.
- Cell phones & other electronics should be SILENT and put away unless approved by the coach, resulting in failing to do this may result in running or other activity.
- ALL Players are expected to set up everything before practice and to tear down and clean up after practice.
- In practice, players are expected to
  - listen attentively; eyes on the coach, balls in hand, voice off,
  - work hard; hustle at all times from drill to drill, breaks to court, and shag balls
  - compete with intensity; every drill should be practiced as if it is a game
  - support teammates; watching/focusing on others' games, including all teammates in off-the-court team activities, cheering on the bench and stands, and supporting player buddies.
  - strive for excellence in everything they do.
- Parents are expected to be ON TIME to pick up players at the end of practices and away games. This is a way of showing consideration for the coach's time and duties. There is no guarantee a coach will be able to wait with your child after events.

## **Playing Time / Expectations**

- JV2- everyone plays each match, if positions allow, playing time does not have to be equal. Everyone is still learning the positions and fundamentals of the game.
- JV- playing time is based on transitioning from playing every match to playing based on performance and position needs. Playing time does not have to be equal. The goal is to get ready for varsity and put the best players on the court to make the team successful.

- Varsity- playing time will be based on performance, commitment, and position needs. Playing time is not guaranteed. The goal is to have the best players on the court to make the team successful.
- Practice players- attend practice to create game-like situations, and may get to suit up if space allows. Playing time is not guaranteed. Great opportunity to work on skills, build confidence, and play!
- Managers- attend practices to help coaches, make things for teams, organize materials and fill water bottles, attend all games to record play, keep stats, line judge, keep books.

## **Game Day**

1. All students must ride the bus to all the games. Any exceptions must be approved in advance. If the coach does not have a note from the school office before departure you may **NOT** leave with a parent.

Players may only ride home with their parents or guardians.

If you have an approved note, please let your coach know you are leaving with your guardians before you go.

If this procedure is not followed, there will be consequences for the player including violation of contract and loss of playing time.

2. Players must be ready to leave at the designated time. If a player is late or not in the designated area, she may miss the bus and receive a consequence and a loss of playing time.

3. Players must sit together while waiting to play. After a game teams may sit in the students' section or as a team behind the team bench. Parents or friends cannot sit with the team. You may talk to parents and friends in between teams' matches.

4. All players must remain present for all the games before leaving with guardians. Players cannot leave early after their game unless approved by the coach prior to the game. If violated this will result in loss of playing time.

5. During home games and away, players cannot leave the school or drive or walk off campus. However, parents or family members can bring food or any items to players. If violated this will result in loss of playing time.

6. Varsity will be expected to set up nets in both gyms (home games) and be split to help shag balls for JV and JV2 games. After JV and JV2 games, players will shag balls for varsity. For home games, JV2 will need to take down nets in their gym and JV will take down nets after the varsity game.

## Attendance Policy

- **Excused Absences** include funerals, doctor appointments, college visits, school-related activities, and family emergencies. Please communicate with your coach.
- **School Attendance** Students are expected to attend school. Students who are not able to attend because of injury or illness are not able to participate in practices or games on the day of their absence.
  - If you are absent please make sure you communicate that with your coach prior to practice. Practice plans are based on the girls in attendance.
- **Unexcused Absences** will require make- up time and will result in a loss of playing time.
  - Being absent from school for more than 4 periods on a game day will result in sitting a whole match. This includes Friday and Saturday Tournaments.
  - Being absent the day after a game for more than 4 periods will result in sitting 2 sets of the next match. This includes Mondays after a weekend tournament.
  - Practices missed directly before a game will result in sitting the next match.
  - In the event there are multiple practices before a game, the player will sit 2 sets for each practice missed. This mainly applies to practices at the beginning of the season.
  - 3 tardies to practice will result in loss of playing 1 set in the next match.
- **School Detentions** need to be served at the scheduled time players will not participate in practice or games until it is served.
- **School Suspension** will result in ineligibility to play or practice until suspension is served.

## Player Conduct

- **Dress Code** players will be expected to dress up for away games, this means no ripped clothing, appropriate length shorts, dresses, tops, and skirts.
- **Uniforms** players are responsible for washing their uniforms and returning them without major distress. Wash in cold water and air dry.
  - Players need to provide their own knee pads, shoes, bottom, and whatever other padding they want. Bottoms need to be black, if wearing spandex/shorts they need to have a 5-inch or more inseam, no butts can show. You may also wear leggings.
  - Jerseys need to be shorter than bottoms, you may need to tuck in the jersey if it is too long.
- **Report Injuries/ Head trauma** to the coach or trainer immediately. Playing with an injury can result in further injury or lifelong problems.
- **NO Possession or Consumption** of alcoholic beverages will be tolerated, violations of this will result in loss of playing time or removal from the team.

- **NO Possession or Consumption** of controlled substances, drugs, or drug paraphernalia will be tolerated, violations of this will result in loss of playing time or removal from the team.
- **NO Possession or Use** of tobacco, vaping, or other smoking devices will be tolerated, violations of this will result in loss of playing time or removal from the team.
- **Social Media** harassment or defamatory content about the program, opponents, teammates, coaches, or officials on any social media platform will result in loss of playing time, or removal from the team. This includes photos, videos, and comments. Please keep posts positive! If you don't want someone to say something about you; don't say it about them.
- **You Are Leaders on and off the court**

## **Player Communication**

It is important for players to communicate with their coaches. A player/ coach relationship is very important when building a team and program. Any questions about volleyball, players' skills, concerns about playing time and other problems that arise should be directed to the coach and discussed player to coach first. If a parent has concerns or questions they may contact the coach 24 hours after the situation arises, not after or during a game. It is always best for everyone to cool off and think about what they want to say.

Communication protocol is:

1. Player and coaches
2. Parent, player, coaches
3. Parent, player, coaches, athletic directors
4. Parent, player, coaches, athletic directors and administrators

Failure to follow this protocol may result in loss of playing time.

## **Fundraising**

Fundraising is an essential part of keeping our program running. Fundraising goes toward new coaching materials, clothing, nets, balls, out of season tournaments and much more. Participating in these activities is expected.

## **Player Expectations**

**Coachability-** being coachable is very important. This means having a mindset to learn and grow. We will critique you and expect that you will take what we say and put that into practice and play.

**Competitive Greatness** - Being at your best when you're best is needed. It's enjoying the challenge when things become difficult, even very difficult. Competitors love that challenge because it offers the chance to produce their very finest. Giving 100% in practice and games.

**Discipline** – Training is expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement. As a player you need to have discipline in your skills, commitment and health.

**Enthusiasm** - You have to enjoy what you're doing; your heart must be in it. Without enthusiasm, you can't work up to your fullest ability. You must have the enthusiasm to prepare and perform, especially if you're a leader or wish to be. Cheering on teammates and enjoying this experience.

**Trust**- Trust is built through practices, team bonding and games. Trust is an important component to volleyball as your teammates need to trust you will be in your spot while playing offense and defense. Trust that you will be at practices and games to help the team succeed to its highest potential. Trust builds character, loyalty and respect.

**Self-Control** - Very essential for discipline and mastery of emotions. You cannot function physically or mentally unless your emotions are under control. You cannot achieve greatness by living in the past; dwelling on the past prevents doing something in the present. Complaining, whining, or making excuses just keeps you out of the present. You will be expected to practice self-control with teammates, coaches and officials. Officials will not change their mind because you got upset, if anything it will cause them to critique you more.

**Skills** - Knowledge of and the ability to properly and quickly execute the fundamentals of your job, not just part of it. Be prepared to be disciplined and in every little detail.

**Team Spirit** - Thinking of others; losing oneself in the group for the good of the group. Being eager to sacrifice personal interest or glory for the welfare of all. That defines a team player.

**Confidence** - You must believe in yourself if you expect others to believe in you. As coaches we believe in you and as long as you work hard, are open to feedback and work toward improvement and are willing to always try we will always have confidence that you can become a great player.

## Volleyball Terms

**ACE:** A serve that is not passable and results immediately in a point.

**ASSIST:** Passing or setting the ball to a teammate who attacks the ball for a kill.

**ATTACK:** The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

**ATTACK ERROR:** An unsuccessful attack which does one of the following:

- 1) the ball lands out of bounds
- 2) the ball goes into the net and terminates play or goes into the net on the third hit
- 3) the ball is blocked by the opposition for a point or sideout
- 4) the attacker is called for a center line violation
- 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

**BACK ROW ATTACK:** When a back row player attacks the ball by jumping from behind the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

**BLOCK:** A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

**BALL HANDLING ERROR:** Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.)

**DEFENSIVE SPECIALIST (DS):** can be any volleyball player who possesses exceptional passing and/or digging abilities. They're usually subbed into the game to replace a weak defender or to help their team side out.

**DIG:** Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

**DOUBLE HIT:** Successive hits or contacts by the same player. (Illegal)

**FIVE-ONE:** A 6-player offensive system that uses five hitters and one setter.

**FREE BALL:** A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve-receive positions

**KILL:** An attack that results in an immediate point or side out.

**LIBERO:** Can be any volleyball player who possesses exceptional passing and/or digging abilities. Usually takes the place of a weaker passer in serve receive or defense. Wears a different-colored jersey.

**MATCH:** Made up of sets in a game and determines the overall winner.

**MIDDLE-BACK:** A defensive system that uses the middle back player to cover deep spikes.

**NET SERVE:** A serve that contacts the net. If the ball dribbles over, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving team's court, or is contacted by a player on the serving team.

**OUTSIDE HITTER :** a left-front or right-front attacker normally taking an approach which starts from outside the court

**OVERHAND PASS:** A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

**PANCAKE:** A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extends rolls, and timed so that the ball bounces off the back of the hand.

**RALLY SCORING:** a point is awarded to the serving team whenever the ball is hit into the opponents' court, regardless of whether they can return it. This means there is always a winner in each rally, which keeps the game moving.

**RECEPTION ERROR:** A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

**ROTATION:** The clockwise movement of players around the court and through the serving position following a side out.

**SERVICE ERROR:** An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

**SERVE RECEIVE:** A team that's "receiving the serve" is the team that's in "serve receive."

**SETS:** Games played in a match. Either best 2 out of 3 or best 3 out of 5.

**SETTER:** The player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

**SIDE OUT:** Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

**SIX-TWO:** A 6-player offense using 2 setters opposite one another in the rotation. Setter 1 becomes a hitter upon rotating into the front row as setter 2 rotates into the back row and becomes the setter.



