



Lady Tigersharks Volleyball Handbook

Coaches Contact

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In joining volleyball, you made a commitment to a team; other people are counting on you. If the expectations are too high or you cannot commit to practices, team activities or games please communicate with your coaches.

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, have shoes & kneepads on, and be ready to start by the designated start time of 4:00pm. 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 coach
- 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, work hard, compete with intensity, support their teammates, and strive for excellence in everything they do.
- Parents are expected to be ON TIME to pick up players at the end of practices. This is a way of showing consideration for the coach's time and duties.
- Playing times
 - JV2- everyone plays each match, playing time does not have to be equal
 - JV- playing time is based on transitioning from playing every match to playing based upon performance and position needs. Playing time does not have to be equal
 - Varsity- playing time will be based on position and performance needs.

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 guardian.

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 or after a game. 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. 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.

Attendance Policy

- **Excused absences** include funerals, doctor appointments, college visits, school sponsored trips, family emergencies. Please communicate with your coach.
- **School Attendance** Students who are not able to attend school because of an injury or illness are not able to participate in either practices or games the day of their absence.
 - If you are missing from school please make your coach aware of that prior to practice time and provide your reason. We are not always informed by school offices who is at school.
- **Unexcused absences** may require make-up time and **will** result in loss of playing time.
 - Unexcused absences result in loss of playing time.
 - Being absent from school for more than 4 periods on a game day results in sitting 1 whole match. This includes Fridays before a Saturday tournament.
 - Being absent the day after a game for more than four periods will result in sitting 2 sets of next match. This includes Mondays after a Saturday tournament.
 - Practice missed directly before a game result in sitting the whole next match.
 - In the event there are multiple practice before a game you will sit 2 sets for each practice missed.
 - 3 tardies to practice result in loss of playing 1 set in next match.
- **School Detentions** need to be served at the scheduled time players may not participate in games or practice until this is served.
- **School Suspensions** will result in ineligibility to play or practice until suspension is up.

Player Conduct

- Dress code players will be expected to dress up for away games, this means no ripped clothes, appropriate length shorts/ dresses/ shorts, and tops.

- Report injuries to the coach or trainer immediately.
- No possession or consumption of alcoholic beverages is tolerated, violations in this will result in loss of playing time and or removal from team.
- No possession of controlled substance or drug paraphernalia is tolerated, violations in this will result in loss of playing time and or removal from team.
- No possession or use of tobacco, vaping, or other smoking devices are tolerated, violations in this will result in loss of playing time and or removal from team.
- Follow school rules and expectations
- More conduct in the code handbook
- Be good leaders/ role models on and off the court

Player Communication

It is important for players to communicate any questions or concerns to the coach. A player coach relationship is very important when building a program. A lot of issues are resolved through communication. It is important that we hear concerns dealing with players from players first and not parents. If a conference is needed we are more than happy to meet with a player and parent. Players must be present at all meetings.

Communication protocol

1. Player and Coach
2. Parent, Player, and Coach
3. Parent, Player, Coach, Athletic Directors
4. Parent, Player, Coach, Athletic Director and Administration

Player Expectations

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, open to feedback and improvement and willing to always try we will always have confidence that you can become a great player.