

Player/Parent Handbook

Meridian High School Volleyball

2019



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Philosophies and Principles

Meridian Volleyball Program Mission Statement:

To provide a program that develops and encourages athletes to better themselves on and off the volleyball court. Coaches and staff are dedicated to offering a positive and competitive learning environment for student-athletes to grow and develop as people and athletes. Community and parent involvement is integrated in order to provide players with a holistic and supportive experience. The program will develop well-rounded players by holding them accountable as a model representing the high standards of Meridian High School volleyball.

Coaching Philosophy:

To provide players with opportunities to develop as individuals and volleyball players through the challenges and rewards that the sport offers us. Our goal is to cultivate an environment in which players feel valued, respect themselves and others, and can develop the qualities of discipline, leadership, dedication, and loyalty through the vehicle of sport.

Skill, physical ability, and mental strength are the cornerstones to a solid volleyball player. Daily practice and training reflects this philosophy.

Internal/External Affairs Philosophy:

Community and parent involvement provides the opportunity to create support and pride to the student-athletes, the sport of volleyball, and to the Meridian Volleyball Program. External support in the form of match presentation, parent correspondence, fundraising, youth development, and community service will support the internal strength of the Meridian Volleyball program.

Academics Philosophy:

Academics take precedence over everything else. Meridian Volleyball will uphold a high standard of academics by holding student-athletes accountable and providing them with resources to maintain this standard.

Basic Principle of Conduct:

Your daily conduct should bring credit and pride to yourself, your teammates, Meridian High School, and your program. The label of a Meridian High School student-athlete and a Warrior Volleyball player is one you cannot take off. It is one that you always wear, therefore your conduct is to be exemplary at all times.

“Sports do not build character, they reveal it.” John Wooden

Expectations

The most important aspects of training are effort, attitude, selflessness, and commitment to our team and program. Being a part of this program means more than just being a volleyball player. It means being a part of a family and something bigger than you as an individual.

Effort: This is your desire, motivation, and overall capacity to set goals, reach them, and push yourself towards new ones. Effort and work ethic is contagious; great effort can make teams unstoppable while bad work ethic can end talented teams. If you are not giving to the team via your daily effort, you are taking away from the team. Having a solid work ethic is essential to building trust and creating the culture of the MHS volleyball program.

Attitude: Attitude is the mentality that you approach each practice, match, or training session. Just like effort, a positive attitude is contagious while a negative one can bring the entire court down. Attitude is choosing to have “no bad days” and put the team above yourself to give to your team. It’s seeing the positive in every situation and helping your teammates to do the same.

Selflessness: Being selfless means that you have chosen to put your team first, *no matter what*, on and off the court. Decisions off of the court directly affect the team just as much as those made on the court. There might be times when you won’t be playing or a coach puts in a different lineup because they feel that is the best for the team, what will you do then? You can either: complain and bring others down with your negativity or you can realize that *it isn’t about you*, it’s about the team.

Commitment: Commitment can take a team to win because each day, every single player brings their best to the court without exceptions. It is the commitment as a member of this family that will strengthen and bring life to the program.

Champions are not born overnight, nor do they “get lucky” and succeed. The coaching staff will continue to raise the bar but it is up to you to hold yourself and your teammates accountable.

Practice

Philosophy: Practice is our opportunity to get better. The result of practice will be the ultimate preparedness for competition.

- Practice is mandatory. If a player misses a practice for an excused appointment (doctor, pre-arranged school function), it is the coach's discretion regarding playing time for the next game. If you have an unexcused absence, you will be suspended for the first set of the next match. After you have served your suspension, it is up to your coach to decide when you play. Practice is our opportunity to prepare for the upcoming match. If a player is not at practice, she misses that opportunity and may lack the knowledge learned in practice for the upcoming match. Unexcused absences include (but are not limited to) family vacations, shopping trips, the need to do homework or failure to notify coach of missing practice.
- If a player will not be at practice, she needs to notify the coach at least 24 hours before the absence unless there is an emergency. This is the PLAYER'S job, not the parent or teammate's.
- A player must attend the entire day of school in order to be eligible to practice that day unless the absence is excused in the office.
- Players are expected to be to practice on time. **15 minutes early** is on time. All nets, gear, and taping must be done before the start of practice. There will be consequences for tardiness.
- Players are expected to wear a MHS volleyball practice shirt, black spandex, knee pads, and appropriate shoes to every practice. We suggest you always carry an extra shirt in your bag or keep one in your locker in the event that you forget one. If you forget a practice shirt or equipment, you will not be able to practice until you get the proper attire and it will be considered an unexcused absence.
- Players will bring their MHS Volleyball binders to every practice. Failure to do so will result in a team consequence.
- Practice is closed to anyone but players or coaches unless a special arrangement is made prior to practice. The coach will notify parents if there is an open practice that they can attend. This is to eliminate outside distractions for players.
- If an athlete is restricted in practice due to medical reasons, it is their responsibility to inform the coach.
- All players will check in as a team before starting practice
- Players and coaches will keep the practice area neat. Equipment lined up, trash thrown away, sweats or sweatshirts neatly folded or put away.
- Players are to be mentally prepared for practice by reviewing what they will gain in the experience. If a player is not mentally ready, she may ask a coach to be excused, or a coach may excuse the athlete until she is ready.
- There is no sitting down during practice unless instructed by the coach
- No jewelry during practice
- In any drill, if a player does not go for a ball with adequate effort, she and/or the team will start the drill over or receive a team consequence.
- Shagging: protect teammates who are working in the drill. Never throw or roll a ball through the work area. Place balls in cart rather than throwing them. a ball should always be rolled to the back of the gym if it is being cleared from the playing area so that it does not affect another court.
- When other teammates are in any fatiguing drill, the player must be encouraging. Your turn is next!

"The more I practice, the luckier I get." –Jerry Barber

Competition

Philosophy: Competition will demonstrate our basic principle of conduct

Equipment:

*You are responsible for the equipment that you get and will return all of it at the end of the season. Please wash jerseys on **cold delicate and hang dry** in order to maintain them. If you forget your jersey on the day of a game, you will not participate. It is your responsibility to have all your equipment with you.

What to bring to a match:

- All assigned jerseys
- Navy Spandex
- White crew socks, white kneepads, shoes
- Water bottle

Matches

- When we are the home team it is the programs responsibility to set up and clean up the gym.
- **ALL JV players will set up the Main gym immediately after school on game days. ALL Sophomore team players will do the same in the west gym. ALL Varsity players will take down the nets after their match.**
- ALL players are responsible for helping set up the nets; exceptions are only made if cleared with your coach prior, not after. If players do not show up to help set up the nets there will be consequences at the following practice. You are a team and ALL responsible for every aspect of the game, including preparing for it.
- Soph players must be at the gym no later than 3:30pm. Warm-ups begin at 4pm. After the match, you must stay for the first set of the JV match unless otherwise arranged with the coach.
- JV players must be at the gym by 4:30, you must watch the first set of the Soph match prior to warm-up
- Varsity must arrive no later than 5:30pm for home matches, you must watch the first set of the JV match prior to warm-up. You must wear a warm-up shirt, jacket, and Navy pants to the gym. We will meet in the locker room at 6:15pm to get prepared. Please have all your gear on prior to that time. There will not be time for you to be getting gear on as we meet.
- It is your responsibility to arrange transportation to and from all local matches. Not having a ride is not an acceptable reason for missing the match you are supposed to be supporting.

Game Conduct

- All players and coaches will have nothing but the utmost respect for opponents, officials, and fans.
- The use of profanity on the court during practice and games will not be tolerated. It is disrespectful and classless.
- During a match, players who are "on the bench" must be ready to go in the game at all times.
- Substitutes need to be warmed up and must know the rotations and tactics to be used when coming onto the court.
- With each substitution, we want to improve. Therefore, when a player is subbed in, she needs to bring new information on the court based on off court observations.
- Each "bench player" has a partner on the court, their job to help the on court player be successful by giving them tactics and strategy. Every player should be contributing to the team on or off the court.
- Only the captain shall talk to the officials, and then, only in an appropriate manner.
- The bench shall be kept neat throughout the match.
- No cell phones are to be used during a match, when you are with your team or when you are

- The use of profanity on the court during practice and games will not be tolerated, it is disrespectful and classless.
- After each match, captains will shake the official's hand.

Playing Time

Philosophy: Coaches will play the best six, not necessarily the six best

- Playing time during match play is not guaranteed. Playing time is determined by the coach and can be influenced based on the effort, dedication, skill level, attitude, and reliability of the player. The coach will play the six players most likely to help our team succeed in a given situation. This is entirely up to the coach's discretion.
- Making a team is the first step. Once on a team, players will need to **compete every day to play.**
- Statistics will be taken at every game, but we don't base playing time on stats alone. As a coaching staff, we believe the number one cause of loss in playing time is a selfish attitude, and a lazy or entitled work ethic. We watch in practice, during games, as well as attitudes on the bench.
- 80% serving is required before a player is allowed to jump serve. If this stat falls below 80%, that player will be asked to stand serve only until it has been raised.
- If a coach tells a player a specific tactic to use during a play and the player does not do that, it is up to the coach's discretion to bench the player until trust is established.

Academics

Philosophy: Smart students make smart volleyball players

- You are a STUDENT athlete and we value a high standard of academics in our program.
- Academics are the #1 priority of all student-athletes and playing time will be affected for poor grades.
- Players will fully participate in all classes on match days unless restricted for medical reasons. This includes physical education and weight training classes.
- By the end of the first week of school you are expected to have introduced yourself to all your teachers and in your introduction you will inform them that you are a volleyball player. You will also ask (if possible) to sit in the front row. You will be required (unless the teacher has issues) to sit in the front row in every class until the end of the season. We also ask that if you are struggling in a class, are having a hard time understanding the information, ect., that you inform the teacher of your study hall time (after school) and schedule to meet with them.

Social Networking (Facebook, Twitter, Instagram, etc)

- Do not post anything directly or indirectly about a teammate, coach, or opponent.
- Remember that what you like, post, retweet, etc. is what you endorse, whether they were your own words or not.
- You represent yourself, your team, and your school. Do so in an appropriate manner.

Electronics

- Cell phones, ipods, and other devices are never allowed in the gym during practice.
- You may listen to music before matches until a coach instructs you to put them away.
- You are never to warm up with headphones on.
- you are not allowed to have headphones in during team time

Eligibility/Drinking/Drugs

- All paperwork, IQ tests, fees, and physicals must be completed before the first day of practice to be eligible to play.
- If any part of the athletic code is broken, including but not limited to issues surrounding: drugs, alcohol, class attendance, and grades, then the MHS volleyball program will follow through with the appropriate punishment as described in the athletic code handbook.
- You are either a MHS volleyball player, or you participate in drinking and drug activity. You cannot do both. Therefore, if there is an incident surrounding this (during in- season or off-season), you will immediately be suspended from the team and meet with the athletic director, parents, and coaching staff to receive the appropriate punishment.
- You are not to be around or in the same area when drinking or drug activity is going on. Represent the program in the best way at all times.

Injury Prevention

There is a difference between being injured and being hurt. Everyone will experience “hurt” throughout the course of the year, a sore muscle a bruise on your knee, a jammed finger or a cut here and there, you will get over those and push through. Injuries are more serious and if you believe that you have an injury it is imperative that you tell your coach IMMEDIATELY. Please don’t wait until the middle of practice or a game to tell your coach that you sprained your ankle, injuries need time to heal and we understand that. Telling your coach that you are injured is in no way a sign that you are weak, not telling a coach and subsequently underperforming is worse. If you are aware of a teammate’s injury you need to report that to your coach IMMEDIATELY, it is important for the health of all players that injuries are treated ASAP. Please communicate any and all injuries.

As a program we believe in “pre-hab.” It is important that you always get a full warm up before any game or practice. We recommend that hitters ice their hitting shoulder after every practice in preseason to hopefully help the arm recover faster for the next day. It is also important that you are focused on your **nutrition** and your **water intake**. *A player can only put out as good of a performance as what they put into their bodies.*

Varsity Lettering Requirements

In order to earn a varsity volleyball letter, the student-athlete needs to meet the following criteria:

Academically:

A Meridian Volleyball Lettering Athlete will...

- Represent herself and the volleyball program with class in all school related activities
- Make her education a priority at all times
- Not be on academic suspension more than once during the season. Academic suspension means that you cannot play in a match due to poor grades.

Athletically:

A Meridian Volleyball Lettering Athlete will...

- Play in 50% of the scheduled volleyball matches
- Have no unexcused absences from practices

*A senior who is in at least her third year of participation with the volleyball program may earn a varsity letter after the completion of her senior year if she has been in good standing the previous two years.

* Coach’s discretion will be considered for players who sustain a season ending injury.

Conflict Procedure

Player-Player Conflict: As a member of this team it is important that you understand your role as a player and how to properly communicate with your teammates. If an issue should arise, the first thing you need to do is GO TO THE SOURCE. If you continue to have trouble with that person you may then go to your coach. As a coaching staff, we want to empower you as young adults to communicate with one another when there is an issue. If a coach needs to mediate the situation they will do so.

Player-Coach Conflict: If you should have an issue with a coach you're more than welcome to discuss it with them. There are right times to talk to your coach and there are wrong times. A great time would be after or before practices. **An example of a wrong time would be right before or after a match or in between games.** If you would like to arrange a meeting, please notify your coach at least **24 hours in advance.** It is very important for your growth as a player and as a person that you learn how to have these types of conversations with your coach.

Playing time: Playing time is not guaranteed. This is not Park n' Rec, Meridian is aiming to be a highly competitive team with highly competitive players. You will need to work on and off the court to earn your place and be an active contributor. Playing time is always a sensitive subject and understandably so, as a team we will go over the standards for positions so you understand what is expected of you. As a coaching staff we believe that the number one cause of loss in playing time is a selfish attitude and a lazy or **ENTITLED** work ethic. We watch in practice, during games as well as attitudes on the bench. All of this is taken into consideration of playing time.

Conflict Resolution Procedure:

The following procedure will be standard should an issue arise. The steps are to be followed in order (ex. It is not acceptable to go directly to the Athletic Director if an issue arises):

- 1. Player-Coach:** Player makes an appointment with a coach at least 24 hours prior to the suggested meeting date. The player and coach will then meet and discuss the issue and come up with the possible solutions and or ideas on how to improve.
- 2. Player-Coach-Parent:** If the player wishes to have a meeting (after they have attempted to make adjustments based on step 1) they may arrange a time to meet with the coach and a parent. Please refer to the player conflict section above on an appropriate time to schedule an appointment.
- 3. Player-Coach-Parent-Athletic Director:** If the issue continues to remain unsolved then we will meet with the Athletic Director to address further action if needed.

Expectations for parents

- During matches, parents/relatives will be good examples for our team by keeping comments in regards to the referees, the calls they make or about teams, coaches, players, or other parents either positive or to themselves.
- Make sure that your child knows that win or lose, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure.
- Do not put your child in a compromising situation by asking them to do something the coach is not asking the player to do.
- Use positive words and reinforcement.
- Do not bring up errors immediately after games.
- **Let the coaches coach, the players play, and the parents encourage.**

General Conduct Rules

- Be on time, regardless of the activity
- Fuel your body with proper nutrition so that you can perform at your best
- Go for every ball, call every ball

- Play with every teammate
- Confront any disagreement immediately
- Trust and be trustworthy
- When in doubt-don't
- If two bad plays happen in a row, change something
- Ask questions
- Catch people doing things right
- Speak in affirmatives to yourself and others
- Play every contact as if it is the most important. It is.
- Winning is a by-product of thorough preparation.
- Practice is a privilege-earn it.
- The best helping hand is at the end of your arm
- View every situation as an opportunity to get better
- Make sure your actions reflect positively on yourself, your team, the community, and the Meridian Volleyball program.

Volleyball Player/Parent Contract

By signing below, you are stating that you have read and understand the terms set form in the volleyball player/parent handbook. Please return the completed page to Coach Hardin at Try outs

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Parent Contact Information:

Printed Name of Parent(s): _____

Home Phone Number(s): _____

Cell Phone Number(s) : _____

Email addresses: _____

*Coach Hardin will be communicating with parents via email. Please put the email that you check the most regularly.

