



**2017-2018
Volleyball
Player & Parent
Expectations
Handbook**

Dear Parents/Guardian

Welcome to what should serve as a positive and exciting experience for your daughter. We, the coaching staff of the Shepherd Volleyball Program have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good volleyball players second, as volleyball is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Shepherd volleyball coaching staff deems to be the important facets of our volleyball program. High school volleyball should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best volleyball player they can be. We intend to teach the game of volleyball, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build UNITY through hard work and commitment to a common goal of a successful volleyball season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the TEAM. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "Team Before Self". Coaches will show a genuine interest in the well being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing volleyball is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The Shepherd Volleyball Program demands a lot of time from our student athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your daughter is available for the scheduled practices, games and other events such as teambuilding and fundraising. Thank you for allowing your daughter to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Robison

Program Philosophy

As Vince Lombardi said, “Winning isn’t everything, but striving to win is”. This is the foundation of Shepherd High School’s volleyball philosophy. Volleyball is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Volleyball is not for everyone. However, playing volleyball will give back to you far more than it will demand.

Volleyball provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a volleyball player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory.

“How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and volleyball program. Being a committed member of the Shepherd High School volleyball team translates directly to behaving as a responsible member of Shepherd High School and the community. We must always remember whom we represent. Each player and player’s parents/guardians must sign the Player/Parent Contract, created by the Shepherd High volleyball program, located at the back of this handbook.

Program Alignment

C Squad Volleyball

Purpose: Teach players the intermediate rules of high school volleyball and the strategies of Shepherd volleyball.

Emphasis: Prepare the players, both mentally and physically, for varsity volleyball. Winning JV games is not an emphasis. The largest difference between a C squad player and a JV player is their aggressiveness and knowledge of the game.

C squad players tend to be more timid for one of two reasons:

- (1) They do not understand the game and they play confused.
- (2) They do not have the size, strength, and agility to play aggressively.

The focus of C squad volleyball is to overcome these shortcomings and develop players that are ready for JV.

Junior Varsity Volleyball

Purpose: Teach players the intermediate rules of high school volleyball and the strategies of Shepherd volleyball.

Emphasis: Prepare the players, both mentally and physically, for varsity volleyball. Winning JV games is not an emphasis. The largest difference between a Junior Varsity player and a Varsity player is their aggressiveness.

Junior Varsity players tend to be more timid for one of two reasons:

- (1) They do not understand the game and they play confused.
- (2) They do not have the size, strength, and agility to play aggressively.

The focus of JV volleyball is to overcome these shortcomings and develop players that are ready for Varsity.

Weight room: Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school volleyball. Increasing the strength, speed, and agility of the JV players will improve their ability to prepare for varsity.

Varsity Volleyball

Purpose: Teach players the advanced rules of high school volleyball and the strategies of Shepherd volleyball.

Emphasis: Win games by fielding the best team of players possible, who are both mentally and physically prepared to play volleyball at the varsity level. Prepare potential college athletes for the collegiate level.

Weight room: Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

Physical and Health Insurance Paperwork

All players must have School paper work and physicals done before the start fall practice. If a player does not have the proper paper work completed the player will not be allowed to practice until all paper work is completed.

Expectations of Our Coaching Staff

Be a positive role model. Carry yourself in a professional manner at all times, on the court and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the court reflect how you would want your own child to be treated.

Coach every player. They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his skills.

Communicate. A volleyball program consists of many parts, it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

Commitment. We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

Communication to Parents

The Shepherd coaching staff will make every attempt to keep our players and their parents/guardians up to date on volleyball program issues and events. We have four ways of communicating with parents and players. They are email, website, Facebook, and Twitter.

- Please be sure that your email is updated with Coach Robison. d-robison@shepherd.k.12.mt.us
- Please refer to the website regularly. Significant information is available including game schedules, rosters, meetings, training schedules etc.
- Facebook group has been made for parents only to help keep people informed of times and changes.
- Sign up for Twitter and follow the Shepherd Athletics page to receive SHS Volleyball messages, game scores and highlights.

Player Expectations

As Head Coach, I believe that our volleyball program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the court. Your behavior is a direct reflection of our school and volleyball program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this volleyball program, and being a part of it, is not important to you. Any violation will be dealt with accordingly. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

Attendance

All players are expected to be present and on time to practice.

1. Any player who is late to practice will be held after practice to make up for the time they missed.
2. Any player who misses practice without notifying Coach Robison in person or by email ahead of time will be dealt with accordingly.
 - a. 1st Unexcused absence = miss game time at Coach's discretion
 - b. 2nd Unexcused absence = 1 game suspension
 - c. 3rd Unexcused absence = possible removal from team
3. In the case of an unforeseen emergency, parent must contact Coach Robison.
4. All illness and sickness absences need to have a prior approval or doctor's excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)
6. The SHS Athletic Dept. policy states that an athlete must be at school for the entirety of class periods to be eligible for practice or games on that day.

7. Any circumstances (Dr. visit, Dentist, etc.) that would be excused may ONLY be excused through the SHS administration.

Academics

You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team, you must attend class regularly, and represent the team by being respectful to other students and staff. Poor behavior and low achievement make all of us look bad. The academic and behavior of all team members will be monitored throughout the school year.

School Suspensions

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school sponsored activities for a prescribed number of days and shall be declared ineligible (practices or contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

A second suspension within a competitive season will result in ineligibility for the remainder of the season in the case of athletics. Any player suspended from school will receive the following consequences.

1. 1st Suspension = Coach's discretion based on the infraction (i.e. 1 game suspension)
2. 2nd Suspension (different incidents of being suspended from school) = Removal from the team

Hazing

No player will ever be ridiculed by another player either in the locker room, training rooms or on the court. The Junior Varsity players will be respected by the Varsity team, and vice versa.

Locker Room

The locker room floor will be free of trash and equipment that does not belong there.

Injuries and Health Concerns

If you have an injury or health concern, please schedule a time to see the Athletic Trainers, before going to a doctor unless it's an emergency. If a player is taken to the hospital then either Coach Robison or the Athletic Trainer will notify a parent.

Players should report any updates in medical conditions or medications being taken to both Coach Robison. Players should also report health conditions such as skin rashes or mononucleosis to Coach Robison so appropriate action can be taken to prevent spreading to teammates.

Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing physical activity and part of practice getting 'mental reps' by analyzing practice.

If a player is injured and out two weeks of practice the player must have 10 days of contact practice before they may return to play or 5 practices if released by a doctor providing a note.

Any sign of concussion from player or talk of dizzy and feeling sick. The player must inform a coach, and sign up for a time with the trainer to be cleared to play.

Parent Expectations

Be positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.

Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Set a good example in your personal lifestyle.

Allow your athlete to perform and progress at a level consistent with her ability. Athletes mature at different ages; some are more gifted than others.

Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team.

Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.

Stay calm in injury situations. Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your daughter's injury. No parent is allowed on the court unless the training staff requests it.

Cheer for our team and players. Opponents and referees deserve respect. Realize that high school players will make mistakes. Your support is needed during tough times.

Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.

An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.

Winning is fun, but building positive team values is most important. The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.

Find the time to be an avid booster of school activities. Help build a solid support system for coaches and athletes.

Help students keep jobs and cars in proper perspective. Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.

Athletes must attend all practices, games and team events. Stress the necessity to make a commitment to the team.

Emphasize the importance of well-balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.

Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.

Parent Code of Conduct

I will enjoy my child's opportunity to experience the benefits of playing high school volleyball.

I will trust in my child's ability to have fun and to perform and achieve excellence on her own.

I will help my child learn the right lessons from winning, losing, individual achievement, and mistakes.

I will respect my child's teammates as well as fellow parents and fans.

I will give encouragement and applaud only positive accomplishments whether from my child or her teammates.

I will support the efforts of the coaching staff.

I will not instruct from the sidelines unless asked to by the coach.

I will ensure that my child will attend all practices and games and will inform the coach in advance if unable to attend.

I will respect all facilities made available to my child.

I will respect the equipment and uniform loaned to my child for practice and play.

I will respect the officials and their authority during games.

I will never demonstrate threatening or abusive behavior.

Communication Process

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussions with coaches is discouraged. It is NEVER acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or playing time of another participant.

Head Coach, athlete, and/or parent meetings may help to resolve OTHER issues creating concern or dissatisfaction. Such meetings MUST be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer, or an administrator.

Meetings can be scheduled by contacting Coach Robison through email or by calling Shepherd Athletic Department. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you toward contacting Coach Robison. If a meeting is requested it should be done through Coach Robison or Athletic Department. The vast majority of player concerns will be worked out at this level.

During the season parents WILL NOT discuss player concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email but a response should not be expected within this time period.

Volleyball: More Than Just A Game

Teamwork – The ability to work with others is extremely important in today's world.

Commitment – Players must be at all practices and follow team rules.

Work Ethic – Peak physical condition can only be attained through hard work.

Pride in Performance – A feeling of accomplishment is realized through persistent application of effort.

Friendships – Lifetime relationships are developed through participation in sports.

Achievement – Players represent their communities, schools, and families. A feeling of togetherness is experienced.

Enthusiasm – In order to be successful, both volleyball and life must be approached with enthusiasm.

Persistence – One learns to get up and go again after being knocked down.

Confidence – Self-esteem is enhanced through a series of achievements.

Athletic Ability – The skills essential for volleyball are valuable in other sports.

Have Fun! – Volleyball is fun to play and exciting to watch.

Identity – The team provides all participants with a sense of belonging.

Courage – Performance under pressure helps conquer fear.

Challenges – Participants learn how to overcome obstacles to success.

Better Grades – Numerous studies indicate students active in school activities perform better in the classroom.

Responsibility – The game of volleyball holds individuals accountable for their actions.

Success in Life – According to the American College Testing Service, participating in high school activities is a major indicator of success later in life.



2017-18 Player/Parent Contract

(Submission required for participation)

I, _____ (player), and _____ (parent/guardian),

have read the 2013-14 Shepherd Volleyball Player & Parent Expectations Handbook. By signing below,

we acknowledge that we understand its contents and agree to the terms of the handbook. We

understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work

together to provide a positive experience. We are aware of the commitment it takes to be a part of the

Shepherd High Volleyball Program and are aware that all decisions that are made are for the betterment

of the **TEAM**. It is a privilege to play volleyball at Shepherd High School, NOT a right!

Athlete

Date

Parent/Guardian

Date

Coach Robison

Date