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| **CCHS Player/Parent Volleyball Handbook**   |  | | --- | | **What is Success?**  Charger Volleyball is striving to become a well-known and respected volleyball team in the state of Utah. The success of our program is a direct reflection of the hard work our players, parents, and staff put in during the season as well as in the off season. You can expect success that is measured beyond the win-loss record. Success is within the journey as much as it is about reaching the destination. Our success is about uniting a group of individuals to pursue a common goal and to overcome individual differences in order for the team to achieve its potential; success of the athlete excelling on a personal level on the court as well as off the court by being a part of something bigger than the individual. Our success is about teaching life skills through volleyball play that are necessary to be a winner. The expectations are high for Corner Canyon volleyball players. Being on the Corner Canyon Volleyball team is a commitment to hard work and dedication that requires the selection of athletes who "bring something special to the court and their team".  **Team Policies**  **Line of communication**  This is one of the most important areas to emphasize. This line of communication will be strictly followed within our program, as well as by the athletic department. The staff truly believes that if all of us are conscientious in following this, we should not run into any problems that cannot be resolved in a smooth comfortable way.  If a player is having frustrations or concerns of any kind it is very important that she speak to her coach as soon as possible within our guidelines. If after speaking to the coach, she does not feel like the problem has been resolved, then you as parents may document the concern and send it in an email to [cornercanyonvolleyball@gmail.com](mailto:cornercanyonvolleyball@gmail.com). It will be determined at that time if a meeting to discuss the matter needs to be arranged, or if it can be discussed by email or over the phone. If after discussing matters with a coach, you still have concerns, then a meeting may be arranged with the parent, athlete, coach, and member of administration.  Please note that any meeting will **NOT** take place with just the parent; the player **MUST** be present in the discussion, and the discussion will **ONLY** be about that player and the documented concern.   An administrator will be informed of any concerns and meetings with the coaching staff so they are aware that communication is happening.  Any information given to parents will be shared openly and honestly with a member of the school administration as well.  Also, parents should not approach the coaches before or after practices or matches about an issue unless documentation of the concern has been given in writing and a meeting has been scheduled. If the matter is related to a specific incident or event, then the parents and athletes should wait 24 hours after the specific incident or event before contacting the coach.  As a final note, as coaches, if we believe a parent, player, or spectator is having an adverse affect on the team as a whole, then we may contact those individuals directly to set up a meeting to discuss the situation.  **Schedule/Rosters/Playing Time**  Try-outs begin on the first day the Utah High School Activities Association (UHSAA) allows us to begin. Because the volleyball season is so pressed for time, our try-outs schedule and practice times are set ahead of time, and are pretty demanding. We ask the families to respect the schedule, and arrange as many appointments, trips, etc. around our schedule. Schedules will be available and distributed as soon as they are set.  In addition to being pressed for time, we may also be confined to UHSAA rules on numbers of players allowed on rosters.  For players wishing to play on a high school team, all players are given 2 days of try-outs before the teams are determined. To be honest, this is not enough time to fully evaluate the talents of individual players, and to assess potential playing positions. Sometimes, there are changes that need to happen after try-out cuts are made.   Our philosophy is that players should be on the team in which they will have an opportunity to participate fully and improve. Because of this, the coaching staff may move players from team to team so that they have “match” experience during the season. Their opportunity to participate is determined through evaluation of performances during practices, scrimmages, and matches.  **Playing time will be determined by the level of competition, each player’s individual skills and attitude, and their ability to consistently contribute to the team’s performance and chemistry.**  **Practice**  Each team may have its own practice start time. Athletes are expected to be dressed, have training needs addressed, and have the nets set up. We want practice conditions to mimic game conditions. Therefore practice uniforms are required and will consist of spandex shorts and a team practice T-shirt.  Some of the coaches work for the school district. From time to time, their duties may cause them to be late for practice. If this should occur, athletes are expected to warm up together. Coaches may have other activities for their athletes as well.  **Practice Protocol**  1.      **Be on time!** Come **EARLY** to be ready for the start of practice; Nets up, shoes on, pre- warm ups, **BEFORE** practice time starts!  2.      No Gum.  3.      No Jewelry.  4.      Practice Uniform- Team practice T-shirt and navy spandex training shorts.  5.      Hair- pulled back and out of face.  6.      Water bottles filled and training room needs are performed before the start of practice.  **Absence from Team Practices and Activities**  **1.**      **Excused Absences**   ̊An absence is excused if the player notifies the head coach in advance and the head coach approves the absence.  ̊Absences are strongly discouraged as it disrupts the team, team chemistry, drills, etc.  ̊Excused absences might include but are not limited to – family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities.   ̊Work is not an excused absence.  ̊ Athletes who miss the practice prior to a match with an excused absence may sit out at least one game of that match depending on the circumstances for the absence.  **2.**      **Unexcused Absences**  ̊An absence is unexcused if the player does not notify the head coach before the absence occurs, or does not provide the proper written documentation indicating the reason for absence signed by the parent/guardian of the player.  ̊If an unexcused absence occurs for a practice prior to a match, the player will not be allowed to play in that match. If missing practices become habitual, then the coach and athlete will meet to evaluate the athlete’s commitment to the program. During this meeting, they will discuss possible solutions, including dismissal from the team.  **Injury/Illness**  Illnesses and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or match. Eye doctor, dentist, orthodontics, and other doctor appointments are not. There are days throughout the season when these can be taken care of, please plan accordingly.  If during the school day an athlete leaves school because of illness, please leave a message in the head coach’s school mailbox, text, send an email to your coach, or call your coach. If your daughter has an injury that requires medical attention, she will need a doctor’s release to resume practice or play. A physician’s note must be turned into the head coach or our athletic trainer in order for your daughter to resume practice or play of any degree or level.  **Also note that if an athlete misses any school the day of a match because of illness, she cannot play in the match that day! \*This is a Utah State Rule!**  **Game Day Dress Code**  We want the athletes to reflect our commitment to a class program by how they present themselves. The coach and team will decide before game day the dress code for all athletes.  Casual attire may be worn on some away games, but clothing must meet school policy requirement. We are representing our school, community, and families.  **Home Matches/Tournaments**:  All players are expected to attend **all matches**, sophomore, JV and varsity.  For home matches/tournaments, each team together will set up the equipment on the court they will be playing on. When this is complete, they will warm up together. During each home match, the freshman, sophomore, JV, and varsity players will assist each other in the administration of the International 3-Ball System, line judging, libero tracking, filming, and score keeping duties for all teams, to help keep the matches moving in a smooth manner.  After warm ups, the sophomore and JV teams will help with their assigned duties of the match as explained above. After the varsity match, all teams will assist in taking down and putting away the equipment. Varsity players will line judge, and support sophomore, and JV teams.  **Away Matches/Tournaments:** All players are expected to attend **all matches played**, sophomore, JV and varsity, when travelling together.  Also when traveling, all teams need to be ready to load the bus at the designated time, making sure they have the correct uniform for play.   We encourage all athletes to bring their homework along to complete.  **Travel Information:** Players will be **required** to ride the team bus **to and from** away matches and tournaments. Riding the bus together is an important team building experience. If we have won or lost, we are together to support, celebrate, and learn together.  We understand there may be times that you may be participating in another school-sponsored event the same day or may have to leave a match with parents, in these cases you will need to be excused by the Coach 24 hours prior to that departure with valid reason, and a waiver of release (which will be in the coaches possession) must be signed, and can ONLY be signed by a parent.  **Notes are not accepted!**  **Under no circumstances will players be allowed to ride with friends (including boyfriend’s), other player’s parents, or without a signature on the waiver release form in the coach’s possession.**  **Letter Criteria**  Guidelines for Corner Canyon volleyball will be as follows:   A letter will be awarded to players who play in a minimum of 6 varsity matches and/or 2 State tournament matches.  Team managers may letter by attending **ALL** practices and matches for an entire season.  **Curfew**  It is expected that athletes will make every reasonable effort to get eight (8) or more hours of sleep each night as a minimum amount. While the teams do not have mandated curfews, parents should monitor their athlete’s night activities to ensure regular sleeping patterns are held to. With proper planning, any school, religious, athletic, and social activities should not interfere with the need for sleep.  **Cellular Phone & IPod Usage**  Cellular phone and iPod/Pads usage including texting, have been proven to separate individuals from one another in a group setting, it is for this reason that during practice, games, bus rides, and team events that the use of these items may be restricted.   Cell phones and iPods/Pads used during restriction times that cause an interruption or separation from the team, or team activities will result in a player losing the privilege of using these items during the season. Players may use cellular phones to call home for rides prior to departing from the school we have just played. This is to assure that there will be somebody at school when we arrive, to pick up your daughter.  IPods may be used during team bonding activities where all can enjoy the benefits of music to pump up the entire team unit, and not used to separate one or more players from other players on the team.  **Picking Up Your Daughter**  The coaching staff will never leave a player alone at school – we will wait until somebody picks her up. Because of this, we appreciate in advance your consideration for being prompt in picking up your daughters. If for some unusual reason, players are not getting picked up in a timely fashion, they will not be allowed to travel to events with the team.  **Chemical/Substance Use**  The uses of illegal substances are prohibited!  UHSAA Eligibility Rules and Standards must be followed, as defined in the Utah Code: **alcohol, drugs,** **and tobacco policy**. (By-laws Article XI)  **Academic Eligibility**  As an athlete, you will be visible on and around campus. You will be expected to give priority to your schoolwork. Your schoolwork can be enhanced by athletic participation. However, your schoolwork should never be used as an excuse to miss a team event. If you are a true student-athlete, then you will take care of schoolwork in a timely manner to be sure neither your school nor your athletics suffers. School, Team, and UHSAA policies will be followed.  No player with an “F”, “I”, “NG” on their report card will be allowed to practice or play until such grade is out of failure/incomplete/no grade status.  Our team will set a goal for academic performance. Athletes may be put on tracking sheets if attendance and/or grades are suffering.  ***“Each of us, if we would grow, must be committed to excellence and to victory, even though we know complete victory cannot be obtained, it must be pursued with all one’s might. The championships, the money, the color; all of these things linger only in the memory. It is the spirit, the will to excel, the will to win; these are the things that endure.” Vince Lombardi***  **-----------------------------------------------------------------------------------------**  **Being an Athlete**  Self Motivation  **What makes a successful athlete?**  Motivation is the key to success, and self-motivation is the basis of all motivation. Every successful volleyball player has to be a self-starter. The coaching staff will help you to find your hot button and help you learn how to use it. If the coaches have to motivate you every day in practice, every game, then we are in serious trouble.  **What are the ingredients for becoming a self-motivated person and athlete?**  First, you must have a strong belief. You must believe not only in yourself, but also in the program, the people in the program, your teammates, and the coaches. Belief is the key to motivation. Belief in what you are doing and who you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program, we cannot be successful.  **What it takes to be a great athlete**  **“*No one can cheat you out of ultimate success but yourself.”***  Being an athlete does not merely mean being a member of the team. There are many phases to think about if you want to be a winner in volleyball and in life as well. The following are a few qualities that are absolutely necessary in becoming a great athlete.  **Are you coachable?**  The worst thing that can be said about a player is that she is not coachable. A player must be able to take coaching and listen to instruction. Are you a “know it all”? Will you always do your best and strive to improve? Do you accept constructive criticism well? Do you try to compare yourself to other players? Do you make excuses for your performance?  ***“The outcome lies with you it always has.”***  **Are you possessed with the spirit of competition, which fires an intense desire to win?**  No one has ever achieved greatness without having the burning desire to win. Do you want to win with passion, and as a team? Does it bother you to lose?  **“*A perfectionist fails every time. It’s the excellist that never stops getting better.”***  **Are you willing to practice?**  Not just reporting to practice and putting in the necessary time, but working everyday with the same enthusiasm and determination you use in a volleyball match. Great athletes have one speed, and it should be the same every day, full speed, every practice, and every match. Do not just work on the things that you are good at or come easy to you. Spend the majority of your practice time on the things that are difficult for you. If you quit during a drill or during practice, you will quit when it counts most – it becomes habit. We don’t want players who quit we want 100% out of every individual. We must establish a “never quit” attitude in everything that we do.  ***“Winning isn’t everything, the effort to win is.”***  ***“Quitters never win and winners never quit.”***  ***“Winning is habit, unfortunately, so is losing.”***  **Are you willing to make sacrifices?**  Conditioning to play is not fun. It is not easy. Training is exacting; the responsibility is heavy because in volleyball each one must do it individually on her own in the off-season. It is rough, and includes personal denials in order to remain in good condition, but it does have its reward.  You will have the inner confidence to execute a good pass or dig, a good serve, a good set, a good attack or block, and winning a match. When you are fatigued, you rationalize. You make decisions poorly, and you make excuses in your mind. You say to yourself, “I’m too tired, I can’t do this, I’ll quit, I’ll loaf, hopefully no one will notice.”  When you don’t use your ability to the fullest, you’re cheating yourself and your teammates. The only way to remain in good shape is to never get out of it. The importance of hydration, nutrition, and rest are important variables throughout the season and year.  ***“Fatigue makes cowards of us all.”***  **Do you have the ability to think under fire?**  Can you concentrate on the work to be accomplished at the moment?  Can you shut out of your mind a previous failure, success, or personal insult in order to give your undivided attention to the here and now? Can you check your personal baggage at the door? Matches are won by what is happening now at this moment. Good athletes play every phase of the game at 100%, in the moment. Good athletes play in the moment and play with poise. Learn from mistakes and move on.  ***“Physical strength will make the opponent weaken, and mental toughness makes them crack.”***  **Rules of Conduct**  We don’t expect nor need a lot of rules, but coaches expect you to conduct yourself on knowing how to look and act. The coaches will help and develop you to look and act like ladies, to have good manners, to be punctual, and to be humble. We want you to play, behave, and act like athletes. The word “class” will become an important part of your life during the season.  **Maturity**  Some players who are not quite capable of sustained playing time on varsity should not get discouraged as they may develop into a regular some day. We as coaches have an obligation to develop all players with the expectations that they will develop.  You must continue to work toward your maturity as a person and player, while maintaining a positive attitude towards the team. If you cannot commit to this going into the season, then you should reconsider going out for the team. The coaches will try to communicate with you in identifying what role you will play and the skills you need to work on. If you have questions about your role, ask your coach.  **School**  School should be the highest priority in your life besides your family. If you fail in school, it is certain that you will fail in volleyball as well. Being successful in school does not only mean passing your classes, but should mean passing with above average grades. As a team, we should compete every year for the team in the Region and the state for the highest GPA.  There should be absolutely no behavior problems in or out of school. Always treat others with respect. Be respectful to authority figures. Rules are made for reasons and should be followed. If you have difficulty fitting into the structure of society and school, you will never be successful as a volleyball player.  If you can’t be disciplined in school and in your community, you will not be disciplined on the court. Hard work, dedication, and discipline are the most important aspects of life, school and Charger Volleyball.  **Being part of a team**  Being chosen to become a member of the Corner Canyon Girls Volleyball Program is a privilege, not a right. As a member of the team, there is inherent responsibility. You have chosen to make a commitment to the community, the program, your team, your teammates, and your coaches. You have chosen to put the welfare of the team before your own welfare. You have chosen to put the goals of the team before your individual goals.  ***“What lies behind us and what lies before us are tiny matters compared to what lies within us.”***  **-------------------------------------------------------------------------------------------------------**    **Parent/Player Contract Agreement**  **2015-16**  **I have read the Corner Canyon volleyball player/parent handbook with my daughter, and we are aware of the expectations that are involved with being a part of the Corner Canyon Volleyball Team.  I agree to the expectations, and to helping my daughter abide by those expectations should she be selected to be a part of the Charger Volleyball Team for the 2015 fall volleyball season.**      **Parent’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **(Please print)**    **Parent’s signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**    **Student/athlete’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **(Please print)**    **Student/athlete’s signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**        **Return this page to Coach Wilder**    **--------------------------------------------------------------------------------------------------------------------**  **Ten Commandments for Parents with Athletic Children**  1.       Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.    2.       Try your best to be completely honest about your child’s athletic capability, their competitive attitude, sportsmanship and actual skill level.    3.       Be helpful, but don’t coach them on the way to or from the gym or at breakfast, and so on.  It’s tough not to, but it’s a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.    4.        Teach them to enjoy the thrill of competition, to always be giving 100%, to be working to improve their skills and attitudes. Help them to develop the feel for competing, giving a maximum effort, for having fun.    5.       Try not to relive your athletic life through your children in a way that creates pressure; you dropped the ball too; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don’t pressure them because of your lost pride.    6.       Don’t compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.    7.       Don’t compare the skill, courage, or attitude of your children with other members of the team, at least within hearing.    8.       Get to know all the coaches so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.    9.       Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.  10.   Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, “My parents really helped me in athletics.”    --------------------------------    Corner Canyon High School  Volleyball  Player/Parent Handbook  2015 | |