

Ashland Grizzly Volleyball 2018 Player/Parent Handbook

Head Coach: Laura Morse

Assistant Coaches:

Tita Soriano

Angie Miller

Soleil Heller

Athletic Director: Karl Kemper

Congratulations and Welcome to the 2018 AHS Volleyball Team!

Philosophy: To guide our student athletes through life experiences in volleyball that will challenge them and help them grow in each aspect of their lives. In addition, learn how to compete with respect for teammates, and opponents, while learning the joy of the sport, experiencing the growth of comradery and the development of tradition.

Commitment: Your commitment is to your school, your team, your family, and yourself, everyone is counting on you. Communicate any problems to your coach. Failure to do so will only hurt your chance to be understood and develop into your potential. Once you start the season we expect everyone to finish.

Punctuality: Be on time for all practices, meetings, and team events. Contact the head coach personally if you have a conflict that will prevent you from being on time. It is expected that you schedule appointments during times outside of meeting or practice. You can be excused from 2 times during season with prior approval, other absences or tardiness will result a combination of reduced playing time, and physical challenge. Please plan ahead and be accountable to your team and coaches. We expect you to be in the facility 15 minutes prior to practice, this time is spent doing individual warm up, stretching and mental preparation.

Participation: As a Varsity sport we compete at the highest level of interscholastic activities. Our goal is to win with class and honor. Coaches will play the best players at the positions that are able to help the team. Players who are unexcused from practice or tardy will lose starting opportunities or see playing time noticeably diminished. A player will earn a Varsity letter is she participates in 1 serve of one game at the varsity level. The exception being a senior who has participated in volleyball for four years but may not have played on Varsity. The coaching staff can use discretion on injuries or other special circumstances. Know your role: Each player has a role on this team that is significant of the team's success. You must understand your role and fulfill your role to the best of your abilities. Keep in mind your role could change from week to week due to injuries or unknown reasons. If you're not sure of your role, ask your coach.

Discipline: Obey the AHS student Code of Conduct and Student Athletic Code, and Team rules. In season, minor violations will be enforced after practice. Major violations will be dealt with by the head coach on an individual basis. Always be forthcoming and honest with your coach!

- Live clean: no tobacco, alcohol, or drugs.
- Stealing from your teammates will result in immediate dismissal.
- Any arrest by the police will result in suspension and possible dismissal from the team.

Grades: The grades for AHS student-athletes are very important. The high school years are a strong determining factor for many students; the habits, work ethic, and attitude established during this time form the foundation for their high school years and beyond. That being said, grades and academic performance are closely monitored.

Student athlete grades will be printed and analyzed each week. All volleyball players are required to have a grade of "C" or better in at least five classes and no "F's" to compete in any athletic contest. Student-athletes not meeting this standard will be required to complete individualized plans designed to improve academic performance.

Playing Time: Playing time will be determined by three factors: Attendance, attitude and skill and will not always be equal. Emphasis will be placed on positive attitude, hard work, progress and improvement.

Attendance consists of "showing up" both physically and mentally to practices, competitions and other team activities. Attitude consists of a positive "can-do" mentality. This can be seen in a student-athlete's willingness to try what is asked of her (catchability). The attitude component also refers to the support each student-athlete gives her teammates. Skill consists of the physical capabilities of the student-athlete when completing required motions and plays.

Uniforms: Handed out at the start of each season it is your responsibility to clean and take care of them (turn jerseys inside out and wash cold) and return every piece within a week of season's conclusion. Any missing items will be charged at full replacement price.

Team shoes, socks, spandex, and knee pads can be purchased at team pricing.

Team Meetings: Be on time. Cell phones off, not silent OFF. Give whoever is speaking your undivided attention.

Team Travel: Travel on the bus or vans will have a required dress code determined at the start of the season. All teams travel on 1 bus to league games. It is an expectation that Varsity will support JV and JV2 teams during games and JV teams will stay and support Varsity, there are extenuating circumstances. JV/JV2 players are expected to stay for Varsity home matches and implement a 3 ball system. The best way to learn is by submersing yourself into the environment/modeling.

"Going home with another Parent/Guardian": A student-athlete may only leave an away competition (tournament or match) with her own parent/guardian with one exception: She may leave with someone else's parent/guardian only if she has given a written note signed by her parent/guardian to the Athletic Director (Karl or Marg) at least 24 hours prior to the department time and presents a copy of the note with a signature of the Athletic Director to

the coach prior to leaving with the parent/guardian. For safety reasons, there are no exceptions to this rule.

Injuries: Injuries are a part of the sport and volleyball is no different than many sports. You need to know the difference between pain and injury. Soreness is very common during Grizz camp, long practices and after competition. We do our best to get you in the best possible shape in order to enhance your recovery. All injuries and illnesses should be checked and cleared with the athletic trainer first and then with a coach if the athletic trainer is not available. A decision regarding playing after an injury is in the hands of the athletic trainer or medical team. If serious injuries occur or restrictions on play, trainer and head coach both need to be notified by athlete and/or parent. When serious injuries occur, we recommend you follow the trainer's protocol in order to get the student-athlete evaluated and diagnosed as quickly as possible. A rehabilitation program will be prescribed in order to allow the athlete to safely return to competition. If your insurance will not cover, please notify the coaching staff if and when the situation comes up.

Athletic Trainer: Blaire Buckley

Nutrition: Hydration and providing enough intakes to fuel an athlete before, during and after any training and competition is vital to our athlete's health and performance. We have teamed up with a great nutritionist in Ashland who is willing to help with our student-athletes and families. She played here at Ashland High School and then at Southern Oregon University. Feel free to contact her about nutrition and lifestyle.

Emily Rydbom, C.N. H.N., C.N.P
Stone Medical, P.C.
(541) 488-1116

“For the strength of the pack if the Bear, and the strength of the Bear is the pack.”- Rudyard Kipling

The Grizzly Volleyball System of Success

Love

Family

Open/Honest

Accountability

Community/Environment

Trustworthy/Integrity/Character/Class

Receptive/Respectful/Respectability/Responsibility

Lets have a great season! Go GRIZZ!!!!



Agreement Contract

I agree to all of the previously mentioned terms listed for the Ashland High School Volleyball team. I understand my responsibilities as a player/parent, and I will do my best to fulfill my duties as part of the team. I also understand that when I am on the court I am representing my school, my coach, and myself and I will represent them to the best of my ability. I know and understand the consequences if my actions fail to meet the expectations of this team.

Please return and sign by Friday August, 24th.

Player Name: _____

Player Signature: _____

Parent Name: _____

Parent Signature: _____

Questions:
