 2014 PRHS BEARS VOLLEYBALL

STUDENT-ATHLETE HANDBOOK

**WELCOME**

Congratulations and welcome to the Palmetto Ridge Volleyball Team. This year will be

an exciting experience for all participants; we are honored to be a part of your journey

in high school athletics. We are looking forward to a season where the perfect

partnership between players, parents, coaches, and administrators will make great things

happen.

To ensure a positive, successful season, one in which each team member fulfills her role, this handbook has been laid out to clarify requirements and provide imperative information.

Participation in athletics is a serious commitment; therefore, the student-athlete and her parent(s)/guardian(s) must read and sign this contract in order to participate in the PRHS Volleyball Program. This handbook is in addition to PRHS School and Athletic Rules and Guidelines and also in addition to the CCPS Code of Conduct and Rules/Guidelines.

**GOALS**

1. To develop the skills of responsible citizenship and productive membership in society

that include punctuality, dependability, honesty, integrity, loyalty, accountability and

respect.

a. Punctuality- Arrive on time to classes, practices, matches, and the bus.

b. Dependability – Contact your coach when you are not going to be at practice or you

are sick on a game day (do not have someone else tell the coach you are not coming; be

responsible!) Complete assigned tasks in the classroom and on the volleyball court,

always giving your best effort.

c. Honesty - Report scores and results of drills accurately. Communicate the truth without

adding or subtracting from the facts of the situation.

d. Integrity – Do what is right even when no one is looking, both on and off

campus.

e. Loyalty - Speak positively about other members of the entire volleyball team.

If there are problems or concerns, go to the source. If you cannot change the

circumstance, change your attitude toward the circumstance.

f. Sense of Accountability - Accept consequences for poor behavior and

performance. “Own” your mistakes. Graciously accept praise and rewards for

good behavior and performances.

g. Respect – Treat others as you yourself would like to be treated.

For Self – Always give your best effort; eliminate negative self-talk

from your vocabulary.

For Teammates – Help and support teammates with encouragement and

positive comments regardless of performance.

For Coaches – Listen during instructional times and implement the

counsel given without editorial comments. Obedience often precedes

understanding.

2. To give the athletes, parents, and coaches opportunities to learn that:

a. What’s right is more important than who’s right.

b. If you’re not worried who gets the credit, it’s possible for a team to achieve

much more than otherwise expected.

3. To place competitive teams at every level (JV and Varsity) on the court.

a. Junior Varsity – a developmental team; effort will be given to give all eligible athletes

the opportunity to play. These athletes are often referred to as “Future Varsity” players;

this does not infer automatic future varsity status from this title, but rather the possibility

of membership on the varsity team as a result of developing skills and achieving the

goals of this program.

b. Varsity – The most competitive team of eligible players will be placed on the

court. Every member of this team will contribute to the team’s success by fulfilling

her assigned role at practices and/or matches.

c. MOVEMENT BETWEEN TEAMS - Movement between teams may occur as needs dictate.

**STUDENT-ATHLETE RESPONSIBILITIES:**

**ATTENDANCE**

Attendance is a MUST! Players, you are expected to be on time and in attendance daily, providing optimal effort, displaying positive attitude, and striving for improvement. You are making a commitment to yourself, your teammates, your coaches, and your school. In order for each athlete to reach her potential and fulfill her role as an active team member, be aware of the attendance policy:

1. An absence excused from school is also excused from practice without penalty, provided contact was made to the coaching staff.
   1. **The athlete** (not someone else) is responsible to notify the coach by 11:00am if the absence is due to illness. Coaches should be notified in writing 7 days prior for absences due to other planned absences (college visits, extended school field trip, etc.). Again, it is the athlete’s responsibility to notify the coach, NOT her teammates.
2. Unplanned absences due to late illness or emergencies will be handled on a case by case basis, with notification of coach required ASAP, as well **before** scheduled practice/game time as possible.
3. An athlete whose absence is unexcused, including not notifying coach of excused absence, will be subject to additional workouts and /or practices and also may have playing time altered.
4. **Three or more** unexcused absences may result in removal from the team. An unexcused absence can be related to any team event (practices, games, team bonding, etc.).
5. Three tardies (including parental pick-up tardies) will result in one unexcused absence.
6. Please note, an injured player is still required to attend all team events (practices, games, etc). It is also the responsibility of the student-athlete to see a doctor / physical therapist / trainer and inform coaching staff and school trainer of injury and progress.

**TRAVEL**

When teams depart from the school, ALL players will ride to all matches on school provided transportation (when applicable). Should the parent or guardian want to drive the student-athlete home from away games (instead of having the players ride the bus home), the parent/guardian must write a note at least the school day of the game stating from where and with which parent/guardian they are riding, have the student receive a stamp of approval / signature from Activities during the school day, and then give the coach the note when the parent/guardian signs the student-athlete out at the conclusion of the Varsity match. Signing out is imperative as is having the approved note.

**HOME GAMES**

Each player has specific setup or cleanup assignments. She is also assigned matches to work sidelines, man fundraising events – including concessions – and expected to observe the other game when not working in attempt to learn more about the sport. During the observation, the athletes are to sit as a team. (Homework may be done **before or after** the match.) Observation and warm-up assignments are same for AWAY GAMES.

BOTH TEAMS NEED TO BE IN THE GYM ON HOME GAMES BY the designated time (usually 4 pm). Junior varsity players are required to stay after school on most game days (home and away) for a study hall; varsity players will be given notice based on grade checks and other circumstances when study halls are mandatory.

Varsity sets-up the gym for the games (chairs, net, stand, water coolers, ball carts, floor sweeping, etc.), while JV breaks down the gym (chairs, net, stand, water coolers, ball carts, bleacher cleaning, etc.). Each team will participate in the warm-up for the other as well as assist with scoring, sidelines, concessions, fundraising, photos, and more. BOTH TEAMS – *at both home and away matches* – are required to observe or work one game and play in another. In other words, each member of the program will be present from the set-up or warm-up of the JV game though cleanup or conclusion of the Varsity game. Coming late or leaving early is not accepted and counts as an unexcused absence.

**PRACTICES**

Generally speaking, practices will be held weekdays from 2:35 pm to 4:35pm for JV and Varsity.

1. Exceptions due to facility conflicts may occur, and athletes will be given notice.
2. With prior notice, practice times may be altered (shortened, elongated, or cancelled) by the coaching staff.

**PARENT RESPONSIBILITIES:**

In addition to the CCPS and PRHS Policies, Rules, and Guidelines, parents will be expected to:

1. Work concession stand on assigned home game nights
2. Provide team snack for designated games/events
3. Speak only kindly about ALL players, coaches, officials when at a PRHS Volleyball event
4. Vocalize questions and concerns in an appropriate time and manner
   1. Remember the 24 hour rule: refer to the PRHS Student-Athlete handbook for further details.
5. Provide timely transportation to and from all events  
   a. Please remember, a member of the coaching staff has to wait for all students to be picked up from practices and games BEFORE the coach may leave. Tardies in pick-up from busses, home games, practices, and team events will result in unexcused tardies and possible unexcused absences for the student-athlete. For every 15 minutes a coach waits beyond the conclusion time or arrival time of the bus, the student earns an unexcused tardy. Excessive wait times will result in removal of player from team.

**COMMUNICATION**

If concerns or problems arise, the proper chain of communication must be observed.

Failure to do so by parent or athlete may result in the athlete’s removal from the team.

The proper order to address concerns is 1. COACH 2. HEAD COACH 3. Athletic Director 4. Principal 5. District office.

The contact information for the coaches:

Coach Schroeder: (305) 761-6130(cell); email: [schrok2@collierschools.com](mailto:schrok2@collierschools.com)

Coach Thomas 239.289.8473(cell); email: [thomaske@collierschools.com](mailto:thomaske@collierschools.com)

Thank you for accepting this opportunity and striving to be the best BEAR you can be!

2014 Volleyball Parent & Athlete CONTRACT

Parents and student-athlete must complete this page. The page must be returned to the coaching staff at the mandatory parent meeting (where one parent and the athlete must be present) on Friday, August 22, 2014, from 4:30 to 5:00pm in the gymnasium.

I have read the Volleyball Manual and will give every effort to achieving the goals as set forth.

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Signature of Athlete Date

I/We have reviewed the Volleyball Manual with our daughter/athlete and will assist and

support her in achieving the goals and following the policies of the Volleyball Program.

Any pertinent medical information (including medication information) needs to be listed below. I understand that I am responsible to update this information as it changes so that my daughter can be effectively assisted in case of an emergency.

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Contact information:

Parent(s)/Guardian(s) Name(s):

Cell Phone Number(s):

Home Phone Number(s):

Email Address(es):

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Signature of Parent/Guardian Date