

2019 Kasson-Mantorville High School Volleyball Handbook



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I. The Culture of KoMet Volleyball

Culture can be defined as: *“The collective mindset, attitudes, and behaviors of a group that emerge over time as a result of shared experiences and leadership.”* Below are some characteristics that we hope could be used to describe the culture of KoMet Volleyball. If you “buy-in” to our culture, you will not only be setting yourself up for success in our program, but you will also be preparing yourself for success in other areas of your life!

- **High Expectations for success.** Since we have such high expectations, we expect coaches to be demanding of players and players to be demanding of themselves and of each other.
- **WE > me.** The needs of the TEAM are more important than the needs of any individual player.
 - o It’s not about me getting mine; it’s about US getting OURS.
 - o My successes are the team’s success, and the team’s successes are my success.
 - o Every role on our team is critically important & I will compete HARD for my team in whatever my role is!
- **We expect to Work HARD:**
 - o During the season, during the off-season, in the weight-room, in practice, and in competition.
- **We are Committed, Trustworthy, and Faithful:**
 - o We will follow through on our commitments to our teammates, coaches, and program.
 - o We will not make choices that jeopardize our ability to contribute to our team.
- **We accept that we’ll need to make Sacrifices** in other areas of our life in order to be part of a successful team.
- **We work hard at Learning and we aren’t afraid to make Changes** in order to grow and improve.
 - o We are never satisfied with where we are at, we always want to improve!
 - o Change is hard, but we aren’t afraid to do our best & make mistakes because that’s how we get better!
 - o We are ALL (coaches & players) in the process of learning, making changes, & working hard to improve.
- **We love to COMPETE:** both in practices to make each other better and in competitions without fear of failure!
- **We are always Direct and Honest** with each other, even when it’s uncomfortable.
- **We aren’t afraid to Hold each other Accountable** to our expectations inside and outside of the gym.
 - o In order to be a great teammate I must be able & willing to hold my teammates accountable, and I must be willing to let my teammates hold me accountable to the elite expectations and behaviors that are necessary to succeed at a high level.
- **We are always Early** to workouts and practices.
- **We Clean Up after ourselves** & leave gyms, locker rooms, busses, and hotels cleaner than when we arrived.
- **We are Polite and Respectful** to everyone around us.
- **We are Respectful, Loyal, Friendly, and Inclusive to our teammates** even if we aren’t friends.
- **We Strive for Excellence in everything we do,** both inside and outside of volleyball.
- **The leaders in our program Serve Others.** This begins with the head coach, varsity captains, and team leaders.
 - o Putting the needs of the team before personal goals & desires.
 - o Staying positive & adding energy in the gym for the team’s sake even when having a bad day personally.
 - o Leading by example in the off-season by continuously trying to improve as an athlete and as a player.
 - o Setting up before practice & tearing down after practice.
 - o Cleaning up after the team in locker rooms, busses, gyms, hotel rooms, etc.
 - o Giving other players rides to & from practices and workouts when needed.
 - o VOLUNTEERING: helping to coach younger players in camps, volunteering to ref at our home tournaments, helping with program fundraisers, and volunteering within our community.
- **We are Thankful and Grateful** to have the opportunity to be part of such a positive & successful program!

II. Social Media

Social media can be a useful tool...but it can also spread information in a negative way that exposes your personal life to the world. Please remember that you represent your school, community, and your team at all times. YOU are accountable for your social media presence.

Because the Internet can be accessed by anyone, it is recommended that student athletes do not post inappropriate information (including pictures and text) or join groups that do not promote positive behavior.

- DO NOT post inappropriate online language and behavior
- Use discretion when posting pictures of yourself, your teammates, and friends to your social media

Remember that the general public, school administrators, coaches, opponents, law enforcement agencies, and future employers have access to these social media websites. When it comes to online postings, **NOTHING IS PRIVATE. Understand that inappropriate postings can follow you for life.**

In summary: Do not post anything that would embarrass your school, your team, your coaches, or your family. If you believe something you posted would disappoint your parents, then know that it will disappoint your coaches too.

III. Practice Guidelines & Expectations

- ALL practices & lifting sessions are mandatory for every player unless the coach says otherwise.
- Get to practice early so you have time to dress, stretch, and warm-up BEFORE the practice start-time.
- Cell phones & other electronics should be SILENT and put away unless specifically told otherwise.
- Players are expected to set up everything before practice and to tear down and clean up after practice.
- Players should be dressed appropriately.
- Students who are not able to attend school because of an injury or illness will not be able to participate in either practices or games the day of their absence. In addition, students who arrive to school after 8:30 am will not be able to participate in practice or games that same day unless the tardy is excused by the attendance secretary.
- If you will be late or absent from a practice you must have a valid reason for it and you must inform the coaching staff well in advance. Missing a regularly scheduled practice for a non-emergency may result in the loss of playing time is discussed in more detail later in this handbook.
- There may be times that a coach may request that a player not participate in a practice if the coach believes that some time off for the player would be beneficial to that player or to the player's team. If this type of request is made the coach or coaches will explain why it is necessary and the player will be expected to comply.
- After practices and games, players should take sweaty gear and clothing OUT of their bags and let things air out so that at the next practice or game, people can remain in the players' vicinity without being uncomfortable from the stench of sweaty, rotting clothing.
- In practice, players are expected to listen attentively, work hard, learn hard, make changes, compete with intensity, add energy, support their teammates, & strive for excellence in everything that they do.

IV. Playing Time Policy

There are many different roles on a team, and EVERY role is critically important to the team's success regardless of whether it is a playing role or a non-playing role. There are lots of ways to help your team win the next point without being on the court!

At the 9th grade, JV, and Varsity levels, coaches are expected to put players on the floor that they feel will give their team a chance to win. It is the coach's responsibility to do what they feel will enable their team to be successful and to put the team's needs above the needs of any individual player. The coach of each team has final say in the playing time policy for their team, but here are some principles that KoMet High School Volleyball Coaches are expected to adhere to:

- Everyone on the roster should be given opportunities to improve in practice, but in competition we compete to win and therefore playing time will not be equal in most cases.
- No one is entitled to playing time, it must be earned in practice and it must be secured by how a player is able to perform in matches and under pressure when it matters. Playing time is competitive and must be earned and starting positions are competitive and must be earned.
- Starting positions and playing time are NOT earned by simply being on the team or by having been on the team longer than someone else. The only way that you can earn a starting position or playing time is by becoming one of the best players in your position.
- Regardless of playing time, every role on the team is important and every role must be filled and embraced in order for a team to succeed at a high level. Not everyone is going to play, but everyone is expected to contribute to the team's success by embracing their role and performing their role to the best of their ability.

All players are expected to embrace whatever role the coaches give them on the team and to do their very best to excel in that role. Players given non-playing roles are expected & encouraged to compete, work hard, and improve in practice so that they have a chance of earning a playing role in the future.

ALL players, regardless of whether or not they are given a playing-role or a non-playing role, can contribute in many different ways to help their team be successful. Competing hard in practice to make each other better, adding energy in practice or from the bench in games, mentoring younger players, practicing with intensity, caring for teammates, and studying opponents strengths and weaknesses are just a few examples.

V. Excused & Unexcused Absences: Definition & Policies

There are two types of absences: Excused Absences and Unexcused Absences. Regardless of the situation, we ask that any absence be communicated with the coaching staff as soon as possible in the case of sickness or an emergency or as soon as it is scheduled in the case of a non-emergency.

Each coach is responsible for creating their team's policies for excused and unexcused absences. The policies below are used by the KM Varsity program.

Excused Absences:

An excused absence is when a player misses a practice or event due to sickness, an injury, or any other type of unplanned emergency. College visits may also be excused absences, but we request that players try to schedule these well in advance with their coach, and try to schedule them in a way that will minimize the negative impact that their absence may have on the team. When a player misses a practice because of an excused absence, there usually isn't a defined penalty. But one thing to understand is that if the player's performance or understanding of a team system or strategy is affected by their absence, or if another player competing for the absent player's position was able to improve while the absent player was gone, then the absent player may see playing time decrease as a result.

One general rule that Varsity has followed in the past is that if a player misses the last practice preceding a match, even if it is an excused absence, then that player won't start in that next match. The player can PLAY if the coach feels that they are able and ready to contribute, but the coach just won't START that player unless there isn't another player that plays that position available to start in that position.

Unexcused Absences:

An unexcused absence is when a player chooses to miss a practice or event due to anything other than sickness, injury, or emergency. Examples would be going on a family vacation, to a wedding, to the state fair, or to some other event instead of volleyball. We understand that everyone has things in their life that are more important than volleyball; our players & their families need to make their own decisions on what is most important to them. There are usually playing time penalties for players that have unexcused absences, but that doesn't mean that the player or their family made the wrong choice. It just means that they were willing to make that difficult choice even though they knew that it would impact their playing time on the team.

When a Varsity player chooses to miss a practice or event for something that would be qualified as an unexcused absence, then the following policies apply:

- 1) All unexcused practices that are missed must be made up before the athlete can play in a match. For example, if a player misses 4 practices because of an unexcused absence, then that player will be required to attend 4 practices before they will be eligible to play in any match.
- 2) Every unexcused event or competition that is missed will result in an equal number of events or competitions at which the player can't play. So if a player misses 1 scrimmage and 1 match because of an unexcused absence, then that player will not be eligible to play in the next 2 events that they are present at.

Note: Varsity considers lifting sessions to be the same as practices. So missed practices can be made up with practices or lifting sessions, and missed lifting sessions can be made up with lifting sessions or practices.

The only exception to the above rules would be if the team does not have any other players available that can play in the position of the player being penalized. In that case, the coach may make an exception and allow the penalized player to play instead of penalizing the entire team by making them forfeit a match, forcing the team to play a match with a player in a position that they've never played before or aren't comfortable in, or forcing the team to play a match with a player in a position that may cause unnecessary risk or pose a danger to other players on the team.

VI. Academic Expectations, Eligibility Policy, and Requirements

Regulations concerning eligibility for extra-curricular activities involving athletics, music, and drama are based on the MSHSL rules and the Student Discipline Policy. Academic standing, disciplinary matters, and enrollment status may limit eligibility for participation.

Expectations:

- Academics come before volleyball.
- Strive for excellence in all that you do!
- Attend every class, every day. BE PRESENT!
- Work diligently towards a high level of achievement in every class.
- Hold yourself accountable – don't leave it up to your teacher, parents, or coaches.
- Let the coaching staff know if you are struggling in a class and we will assist you in a plan for your success as a student athlete. In rare cases, coaches may give approval for an athlete to miss part of a practice if they feel that it's necessary in order for the student to meet their academic priorities. However, in the vast majority of cases we feel that it is possible to meet all of your school and volleyball commitments if you do a good job of managing your time.

Requirements:

- A 'C-' average or 1.667 or higher per quarter is required to participate in activities
- Failure to maintain a C- average during a term proceeding a sport season, the student will be required to miss the first 25% of the season. If a term concludes during a season, the student will be required to miss 25% of the remaining games. (I.e. if four games remain, the student would miss one game)
- Students receiving an incomplete will be ineligible until the incomplete is made up. If the incomplete isn't made up within two weeks of the end of the quarter, it will become an 'F'.
- Students with an 'F' or and 'I' are automatically ineligible.
- Effort grades for students with handicapping conditions will be used to determine the 'C-' average for eligibility, if they have no 'F's' or incompletes.
- Upon returning from ineligibility, students will be on academic probation to determine future eligibility. Probation requires students to have academic progress reports signed by their teachers on a week by week basis as determined by the Activities Director. During probation a student's eligibility is determined on a week by week basis.
- Students who fail to turn in their progress reports in a timely fashion can be held from participation.

VII. MSHSL RULES

Drugs/Alcohol/Tobacco Violations: Please see the KM Activities handbook for details on MSHSL Rules regarding drug, alcohol, and tobacco violations.

In addition to the standard MSHSL penalties, the KM Volleyball coaching staff will impose the following additional penalties on athletes that violate any MSHSL Drug/Alcohol/Tobacco rules:

- The athlete can't letter in the season of the offense if the offense happens in-season or in the upcoming season if the offense happens out of season.
- The athlete can't be a captain in the upcoming season if the offense happens out of season or in the following season if the offense happens in-season. So an offense that happens for an athlete during their junior season would disqualify them from being a captain during their senior season.
- If the athlete is already a captain for a current or upcoming season when the offense occurs, their captainship for the current or upcoming season will be removed.
- The athlete will not be allowed to sit on the team bench for games during the ineligibility period.

VIII. Student Attendance in School

- Scheduled appointments need to be communicated to the attendance office 24 hours IN ADVANCE. Failure to do so will result in a student's ineligibility to participate in any school activities that day.
- Students must sign in/out at the attendance office. Failure to do so will result in detention and the student will be deemed ineligible to compete in the contest or practice the day of the occurrence.
- Students reporting to school after 8:30am must have a doctor's note or they will be listed as ineligible to participate. (Unless this was communicated to the attendance office 24 hours in advance.)
- Students that need to leave school because they are sick will not be eligible to participate.

IX. Player Evaluations / Tryouts / Team Placement

At the beginning of each season there is a player evaluation / tryout process in which the coaches evaluate each player by doing some physical assessments and by watching the players perform in skill specific drills, playing situational drills, and actual games. The result of these player evaluations will be what the coaches use to determine which team each player will be placed on.

Players will be evaluated based on a number of things, including but not limited to the following criteria:

- Volleyball skill level and consistency, athleticism, physical condition, and physical abilities.
- The ability & willingness to communicate on the court.
- Attitude, energy, body language, capacity for work, timeliness, and preparation.
- Ability to listen, coachability, and the ability to focus on the task at hand.

Players will be placed on teams based on the above factors but also based on other considerations such as the number of other players with similar skill sets that may also be available for the same team. The number of players that end up being placed on each team may vary year by year. For example, one season 15 players may make the varsity team, but another season only 12-13 players may make the team, depending on the factors above.

Players may need to demonstrate a base skill level in order to make JV or Varsity teams. That level will be dependent on which team is being tried out for. However, even when players are able to satisfy the base skill level requirements, they will usually NOT be placed on a team based *only* upon skill level. The coaches need to fill each position on the court with players best suited to fill those positions. If an athlete isn't one of the top players in their position, then the decision of whether or not to place them on a team may depend more on other factors such as how well they'll be able to contribute to the team in a non-playing role, how they will affect team chemistry, and other things of that nature.

If more athletes try out than what the teams have available roster positions for, if an athlete does not possess the qualities that the coaches are looking for in a player on their team, or if an athlete does not satisfy the base skill level requirement for the team that they are trying out for, then the coaches may decide to not offer that player a position on a team. In that case the player's signup fee will be refunded.

If a player is sick or injured and can't participate in tryouts, the coach may evaluate that player based on past performance and player history or the coach may invite the player to join a couple of practices after the official tryouts are over and evaluate them at that time. If a player has a conflict and knows in advance that they won't be able to make it to tryouts, they should contact the coaches as early as possible (a minimum of 3 weeks advance notice is recommended) to arrange another time to be evaluated prior to tryouts. Missing tryouts is a situation that should be avoided if at all possible. The coaches will attempt to accommodate these situations as much as possible, but the solution may not be perfect and it will never be advantageous for a player to miss tryouts. In the end, the coaches have final say in this matter and will do their best to make decisions that are in the best interest of their teams and the program.

Here are the tryout options available for each grade level:

7th graders don't have to try out, but they can if they want to.

- Any 7th grader that does not try out will automatically be placed on the 7th grade team.
- Any 7th grader that does decide to try out will by default be trying out for a 9th grade team.
- If the coaches determine that there is a 7th grader advanced enough to try out for JV/Varsity then they will ask her to join the JV/Varsity tryout if she is interested.
- If a 7th grader does try out but doesn't make a 9th grade, JV, or Varsity team, she will remain on the 7th grade team.

8th graders don't have to try out, but they can if they want to.

- Any 8th grader that does not try out will automatically be on the 8th grade team.
- Any 8th grader that does decide to try out will by default be trying out for a 9th grade team.
- If the coaches determine that there is an 8th grader advanced enough to try out for JV/Varsity then they will ask her to join the JV/Varsity tryout if she is interested.
- If an 8th grader tries out but doesn't make a 9th grade, JV, or Varsity team, she will remain on the 8th grade team.

9th graders MUST tryout.

- 9th graders can make a 9th grade, JV, or Varsity team.
- By default, all 9th graders will be trying out for a 9th grade team unless otherwise requested by a coach.
- If the coaches determine that there is a 9th grader advanced enough to try out for JV/Varsity then they will ask her to join the JV/Varsity tryout if she is interested.

10th, 11th, and 12th graders MUST tryout.

- 10th & 11th graders can usually only try out for and play on the JV or Varsity teams. 12th graders can usually only try out for and play on the Varsity team.

Tryouts Process:

On the first day of tryouts, all 10th – 12th graders will go to the JV/Varsity tryout. Any 7th or 8th graders that have decided to try out and all 9th graders will start out at the 9th grade tryouts unless the coaching staff has previously arranged for one of those players to go directly to the JV/Varsity tryout.

At some point during tryouts, any 7th, 8th, or 9th grade player that the coaches decide is advanced enough to try out for JV or Varsity may be asked to join the JV/Varsity tryout if the player is interested in doing so.

The length of tryouts may vary by team and by year depending on the preferences of the coaches. One year a single day tryout may be sufficient for a certain team. Another year it may be necessary to have a 2 or 3 day tryout process. This will be determined on a year by year basis by the coaches.

The number of teams may vary year by year based on participation levels and other factors. For example, there may be years in which we decide to have two 9th grade teams or a B-Squad team in addition to the normal 9th grade team and JV team. In these cases, the tryout process will be changed accordingly.

Changing Teams during the Season: During the season, it may be necessary for a player to be moved up from a lower team to a higher team, or to be moved from a higher team down to a lower team based on the coaches' judgement and needs of the teams. This will be a rare situation, but may happen from time to time.

X. Young Athletes Participating on High School Teams

- There may be times when the coaching staff believes that it would be productive to move a younger player up to a higher level team than what other players of that age are typically on. An example would be moving a Jr High player up to JV or Varsity.
- In these situations, the AD will be consulted first to get approval based upon academic, emotional, and physical qualifications, and then if approval is given, the player's parents will be consulted. If the athlete and the athlete's parents are comfortable with the idea then the move will be made.

XI. Communication Methods & Parental Communication Guidelines

Communication is very important between the players, coaches, and parents, and is instrumental in the overall experience.

KM Volleyball Communication Methods

You will be able to find practice and game schedules, results, rosters, and coaches contact information by:

- Going to the school website at: <http://komets.k12.mn.us>
- Or by visiting the volleyball website at: <http://www.KMVolleyball.com>

You can follow the volleyball twitter feed for real-time results and updates by following: **@KometVolleyball**

Parents & players can communicate to the coaching staff (or make an appointment for an in-person meeting if necessary) by email, phone, or text message.

Parent Communication Guidelines

1. Parents have the right to know whether or not their children are adequately cared for and protected. Any questions regarding health and safety or the treatment of your child are encouraged.
2. Parents *should* communicate with the coaches regarding any scheduling conflicts well in advanced.
3. Parents can communicate with coaches if there are concerns about their child's behavior.
4. Parents should *NOT* communicate with a coach regarding playing time, game strategy, or other members of the team.
5. Players are expected to respect their coach's decisions, but they can communicate with the coach regarding playing time granted they:
 - a. Don't talk with the coach after they or the coach are upset – use the 24 hour rule.
 - b. Have spoken with a captain or assistant coach first prior to bringing concerns to the head coach. Often times they can provide a different perspective on things and can possibly defuse the situation.
 - c. Make an appointment for a meeting with the coach outside of practices and games. Coaches are expected to have legitimate reasons to extend to the participant during these meetings. The Activities Director will attend these meetings if requested by the coach.

XII. Travel Policy

The district is responsible for all members of the travel party from the time of departure until the time of return. Athletes, cheerleaders, managers, statisticians, etc must ride to and from events in school provided or authorized transportation unless extenuating circumstances occur. At the coach's discretion, a sign out sheet may be provided and used to allow athletes to leave with their parents instead of traveling home in a school provided vehicle.

Students must leave the premises with their own parent/guardian. If a student wishes to leave without their own parent/guardian, it must be pre-approved by the AD.

XIII. Away Competitions and Overnight Tournament Guidelines

When the team travels as a visitor to a different school for a match or for overnight tournaments, there are a few expectations that need to be followed:

- 1) Players are expected to represent our community and our school well. Be on your best behavior.
- 2) Players are expected to stay together with the team at all times, even if your parents are there. Parents are often welcome to join the team during down-times and when we eat, but make sure to always stick together in a group as a team so that the coaches always know where you are.
- 3) The coaches will be the chaperones of the players. For overnight tournaments, parents are not allowed in the players' rooms unless specifically given permission by the coaches.
- 4) For overnight tournaments, players need to be respectful of the other guests of the hotel. This means keeping the noise down and making sure that doors are not slammed.
- 5) Players may be required to shut off their electronic and mobile devices and give them to a coach while riding the bus, at the competition site, or staying at the hotel. There may be periods of time that the coaches allow electronic devices to be used. If there is an emergency, the coaches will have phones available for use. If parents have an emergency and need to contact their daughter while the players do not have their cell phones, the parents can contact the coaches on their cell phones.
- 6) For overnight tournaments, players should use the hotel for wake-up calls to ensure that they are up on time.
- 7) For overnight tournaments, players should not leave hotel doors open with the latch out. This is a safety & security concern.
- 8) For overnight tournaments, individual players should never be alone in the hotel. There should be at least 2 people together at all times. This includes when you are in your rooms, in the elevators, on your way to breakfast, or anytime someone needs to leave the room for any reason, even if it is just to get ice or something.
- 9) For overnight tournaments, players should never leave the hotel without a coach, and players should never leave the tournament site without a coach, unless they have been preapproved to leave with a family member.

XIV. Pulling Players up at end of season to fill Section Roster

Most years at the end of the regular season, some additional players are pulled up to the varsity team to fill remaining roster positions and manager positions for the Section and State Tournaments. The players pulled up from JV to Varsity at the end of the year for any open player positions or manager positions are chosen based on the following factors, listed in order of priority.

1) **Ability to contribute on the court for Varsity throughout the remainder of the season:**

It is rare that a JV player will be pulled up because the varsity needs them to contribute on the court, but it can happen in the case of injuries or if there is a situation in which the varsity doesn't already have a back-up player for each position. If there is a player that may be able to fill an immediate need for the varsity, then this will likely be a factor.

2) **General ability, coachability, and likelihood of being able to contribute to Varsity in the future:**

The coaches will take into consideration the ability, coachability, and development level of players when deciding who to pull up. If the coaches feel that one player has the potential to develop into a stronger varsity player in the future than another player, then this may be a factor in deciding who to pull up.

3) **Effect on Team Chemistry:**

The varsity coach may discuss potential players to pull up with the Varsity Captains to make sure that the captains don't think that the players being considered will negatively affect team chemistry. If there is a potential issue with a player then the coach may take this into consideration.

4) **Stat Keeping:**

Usually one of the primary responsibilities for the girls that are pulled up will be to take stats during games. If there are players that are equally matched in the other factors taken into consideration, then whichever player has done a better job of taking stats for the varsity over the season thus far may have a better chance to be pulled up.

XV. Varsity Lettering Guidelines

See MSHSL RULES earlier in this handbook for details on disqualifying behavior.

- 1) Any player that started in at least one varsity match may be awarded a letter.
- 2) Any senior that has been in the program for 3 years may be awarded a letter even if she didn't start in a varsity match.
- 3) Any player that made a significant contribution to the team or had an outstanding performance in a varsity game may be awarded a letter even if she didn't start in any varsity match. The coach will determine what defines a "significant contribution" on a case by case basis.
- 4) A player may be awarded a letter based upon a coach's recommendation if an injury prevented the athlete from competing and meeting one of the other requirements.
- 5) A manager may be awarded a letter after a full year of service based on the coach's recommendation.

XVI. Varsity Captainship

At some point after the conclusion of a season and before the beginning of the upcoming season, returning varsity players may be given the opportunity to vote on varsity captains for the upcoming season. (Captainship may be restricted if MSHSL rules were violated - see MSHSL RULES earlier in this handbook for more details.) The coach may use the results of the voting as one of the considerations when choosing the captains. The candidates to be voted on for captain will be selected by the coach. Typically the candidates selected may include:

- 1) Incoming seniors who filled a prominent roll on the varsity team in the previous season (based on the coach's discretion and other possible conditions determined by the coach).
- 2) Returning varsity team members, seniors or otherwise, that have already shown great leadership and captain potential in previous years.
- 3) Incoming team members, seniors or otherwise, that the coach feels have the potential to provide great leadership in the upcoming season.

XVII. Varsity Senior Night

Senior night is an opportunity for coaches, teammates, and parents to honor our seniors and their contributions to the program. On Senior Night, the seniors will each be introduced by the head coach prior to the game, and then there will be a short gathering after the game at which the underclassmen players will talk about some of their best memories of the seniors and why they are thankful that the seniors have been a part of the team.

A player is not guaranteed playing time on senior night just because the player is a senior, but that doesn't lessen the player's value to the team, as we believe that every player's role on the team is important, regardless of whether or not it is a playing role. Review the "Playing Time Policy" section earlier in this handbook for a more detailed explanation on our view of the importance of different roles within a team.

XVIII. Preparation for Competitions

- In General:

- Make sure to have your uniforms, knee-pads, shoes, socks, tape, water bottle, and anything else that you might need for the competition.
- Players are expected to find time to prepare themselves to compete. Things like stretching, getting taped, and other physical or mental preparations should be managed and arranged for by each player individually based on their own needs.

- For all **AWAY** competitions:

- All players should be ready to leave at least 5 minutes before the scheduled departure time.
- Players are expected to leave the hosting facility's locker room as clean and neat as it was when they arrived. All bottles, wrappers, tape, etc must be picked up and disposed of properly.
- Players are expected to make sure that any busses or vans are neat and clean after use.

- For Regular Season **HOME** competitions:

○ VARSITY PLAYERS:

- Varsity players are expected to get all nets and equipment set up in the HS gyms for any JV competition right after school. Every varsity player is required to help setup unless they have specifically received permission to miss it from the varsity head coach.
- For most home matches, the Varsity team will have a short run-thru practice immediately after school.
- 2 varsity players need to ref the 7th grade match, and 2 varsity players need to ref the 8th grade match. These players will act as an up ref and scorekeeper.
- The remaining varsity players need to be available 25 minutes after the scheduled start time of any 9th grade competition to take over reffing responsibilities from the JV players so that the JV players can go get ready for the JV match.
- The coach or the captains will arrange a rotating reffing schedule to manage all of the above responsibilities and to make sure that all of the varsity players are contributing.

○ JV PLAYERS

- JV players are expected to get all nets and equipment set up in the HS gyms for any 9th grade competition right after school. Every JV player is required to help setup unless they have specifically received permission to miss it from the JV coach.
- JV players are expected to be at the gym 15 minutes prior to the scheduled start time of any 9th grade competition in order to help referee. A rotating schedule will be prepared to make sure that all of the players are helping out with this.
- JV players will typically need to leave before the end of the 9th grade competition to get dressed and prepare for their JV match. At this time the varsity players should take over reffing responsibilities for the remainder of the 9th grade competition.

XIX. Competition Expectations – Regular Season Matches

- No electronic or mobile devices are allowed while on the bench or in the bleachers during competitions! Coaches will usually allow devices to be used in the locker room for those players that enjoy using music to help prepare for the match.
- Parents of the JV & Varsity teams are asked to volunteer to line-judge most home matches. Typically JV parents will line-judge the varsity games and Varsity parents will line-judge the JV games. The school compensates the volleyball program for this work and it is an important part of our fund-raising.
- Varsity players are required to help shag balls for the JV team during the JV warm-ups.
- Varsity players are expected to sit together as a team during the first game of the JV competition to help support the JV team.
- After the first game of the JV match is finished, Varsity players will go get dressed. Once everyone is dressed, the players will gather somewhere quiet for a short pre-game meeting with the varsity coach or coaches. The varsity players should make sure that they make time to properly stretch and warm-up. After everyone is warmed-up, if there is still time before the JV match is over, the players should take care of any other special preparations before the varsity match. (energy warm-up, etc)
- JV players are required to help shag balls for the Varsity team during the varsity warm-ups.
- JV players are expected to sit together as a team near the team benches during the varsity competition to help take stats and support the varsity team. If any player doesn't understand how to take stats, they should ask a coach.
- For home games, JV players are expected to take down the nets and equipment and put everything away following the varsity game.
- For away games, all JV and Varsity players are expected to gather their belongings, clean up their areas, change as necessary, and get to the bus to head home within 15 minutes after the conclusion of the Varsity match. Many away games are on school nights and players often have homework to do after they get home and shower, so players should be mindful of their teammates and do their best to get ready to leave quickly after competition has concluded.

XX. Nutritional Guidelines

Be mindful of nutritional and hydration needs, especially on game days and for all day tournaments.

- Nutritional guidelines on the day of an after-school evening competition

- **Breakfast ideas:** Fruit, Whole grain cereals with skim milk, yogurt, eggs, breakfast sausage (like turkey patties), bagel with peanut butter, PB & J on whole wheat toast, oatmeal, omelet with veggies, protein shake with fruit, meal-replacement breakfast bar, etc...
- **Lunch ideas:** A sandwich on whole grain bread, pasta, tuna, vegetables, fruit, chicken, turkey, ham, roast beef, nonfat cheeses, baked potato, eggs, protein smoothies, vegetable soup, vegetable salad with chicken, wild rice, fish, low salt pretzels, etc are all good options.
- **Pre-Game ideas** (2-3 hrs prior to competition): Foods high in carbohydrates that are easily digestible are best for pre-competition. Fruits, veggies, whole grain breads, pastas, lean-meats, fish, etc are all good. Drink water for hydration and supplement with sports drinks such as Gatorade and PowerAde if desired.
- **During-Game:** If you find that you get light headed or weak during games, you can try eating bites of an energy bar between games and drink a sports drink along with water during time-outs and game breaks.
- **Post-Game ideas:** you should eat Carbs & Protein (3:1 carb to protein ratio) to refuel and also rehydrate. Bagels, Fruit, whole wheat sandwich, trail-mix, granola, meal replacement bars, protein shakes, sports drinks, and water are all good options.

- Nutritional guidelines on the day of an all-day tournament

- **Big breakfast:** same ideas as the after school / evening competition above, but make sure that you wake up early enough to eat a large breakfast at least 2 hours before competition begins.
 - **Between games:** Energy bars, low-salt pretzels, fruits (strawberries, blueberries, apples, oranges, grapes, etc), veggies (carrots, celery, broccoli, leafy greens, etc), yogurt, trail-mix, mini-bagels, granola bars, animal crackers, etc.. Make sure to hydrate with water and supplement with sports drinks if desired.
 - **Good lunch:** same stuff as the Lunch ideas above for the after-school evening competition, but keep it light, especially if there isn't a lot of time between games for lunch. You may have to eat smaller portions immediately after multiple matches and then just eat more grazing foods throughout the day
 - **Between games:** same as above
 - **Good evening meal:** if still playing into the evening, do the same as suggested for lunch above.
 - **Post-Game:** same as suggested for the after-school evening competition.
- **Things to avoid:** Fried foods, sugary breakfast foods (strudels, pop-tarts, donuts, sugary cereal), pop, caffeinated drinks, energy drinks (Red Bull, Rockstar, Monster, Full Throttle, etc), and any foods with saturated fat, high salt content, high processed sugar content, etc..

XXI. Expectations for the Season

- **Continue to focus on academic excellence to achieve the long-term benefits of being well educated.**
- **Develop positive relationships based on trust and respect between coaches and players.**
- **Learn how to be a good teammate and put the needs of the team above our own.**
- **Establish team goals and learn how to be disciplined and focused while working towards those goals.**
- **Learn effective practice and performance behaviors and habits, and hold ourselves & each other accountable to those standards.**
- **Increase knowledge of the sport and the strategies, concepts, and tactics necessary to be successful.**
- **Work hard. Never get out-worked!**
- **Learn hard and be willing to be vulnerable, try new things, and to make changes in order to improve.**
- **Prepare to the best of our ability.**
- **Focus on the things we can control, such as our preparation, effort, and attitude.**
- **Improve in the sport individually and as a team and peak at tournament time.**
- **Improve player confidence and mental toughness.**
- **Learn how to compete for the love of competition.**
- **Learn how to compete with the goal of self-improvement and the goal of challenging OURSELVES to improve without worrying about outcome or fearing failure.**
- **Positively affect the lives of the people that we have the opportunity to interact with on a day to day basis with kindness, generosity, respect, a contagious enthusiasm for life, and a commitment to excellence in everything that we do!**

XXII. Player Codes of Conduct

KM School-wide Student Code of Conduct: All students participating in interscholastic activities at KMHS are required to understand and accept the following responsibilities:

1. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
2. I will be fully responsible for my own actions and I will accept the consequences of my actions.
3. I will respect the property of others.
4. I will respect and obey the rules of K-M Schools and the laws of my community, state, and country.
5. I will show respect to those who are responsible for enforcing the rules of K-M Schools, and the laws of my community, state, and country.

Students found guilty of violating the student code of responsibilities will not be in good standing and will be issued a 'Good Standing' penalty at the discretion of the K-M administrative team.

KM Volleyball Code of Conduct: Additionally, any players that want to be part of a high school team within the KM Volleyball Program must agree to adhere to the following:

- I will do everything in my control to always be on time.
- I will manage my time so that I can meet and exceed my goals in other important areas of my life while still fulfilling the commitments that I made when I decided to join the KM Volleyball Program.
- I understand that in order to meet expectations in important areas of my life such as family, religious, and school related obligations, while still fulfilling the requirements of the KM Volleyball Program, there may be times that I need to make a sacrifice in other areas, such as time with friends or other social engagements.
- I will refrain from using any illegal substances.
- I understand that it is a privilege to be part of this team and that my choices, behavior, work ethic, and attitude will ultimately determine whether I have a positive or negative experience with the team.
- I promise to give my coaches and teammates the benefit of the doubt when choosing how to interpret comments or actions that may not have been communicated clearly.
- If necessary, I will be willing to maintain a positive attitude and sacrifice what I want for what my coach thinks is best for the team, even if I completely disagree with the coach's judgment, strategy, or opinions. I will remain 100% coachable even when I disagree with the coach.
- I understand that my coach alone will determine who plays and starts in competitions and that those decisions may be based on many factors, including but not limited to: my playing ability, my athleticism, my work ethic, my commitment to the team, my practice habits, my willingness to communicate with my teammates on the court, the way that I interact with my teammates in practice and in games, my leadership qualities, my coachability, my energy, my height, my physical condition, my ability to listen, and my attitude in general.
- I understand that if my attitude, choices, behavior, work ethic, and commitment to the team don't meet my coach's expectations, and if my coach believes that I am negatively affecting the ability of the team or other players on the team to be successful, I will need to make a change. Otherwise I may be taken out of a game, asked to leave a practice, or in the worst case asked to leave the team.
- I will consider that things that I post, share, or say on any type of social media platforms can have consequences that can negatively affect me, my family, my team, and my community, and I will refrain from participating in any type of social media forums that are related to volleyball.
- I understand that being part of a team within the KM Volleyball Program is a PRIVILEGE. I am not entitled to be on a team, and just because I was fortunate enough to make a team does NOT mean that I am entitled to any playing time on the team. I know that playing time is EARNED. I will work hard in practice and try to earn playing time, but I will accept my role on the team even if it isn't a playing role. My attitude, behavior, and work ethic will not be dependent on whether or not I start or get any playing time on my team.

XXIII. Athlete & Parent Contract & Signature page

I am a student athlete that would like to participate on a 9th grade, JV, or Varsity team in the KM High School Volleyball Program. I have reviewed, I understand, and I agree to adhere to the ***KM School-wide Student Code of Conduct*** and also to the ***KM Volleyball Code of Conduct***. I have read and I understand the ***Playing Time Policy*** section and the ***Excused & Unexcused Absences: Definitions and Policies*** section.

Additionally, I have reviewed the complete ***“Kasson-Mantorville High School Volleyball Handbook”*** and I understand the rules, expectations, guidelines, responsibilities, and obligations that come with being part of the KM Volleyball Program and I accept them and pledge to make my best effort to adhere to them. I understand that my attitude, my behaviors, my work ethic, and the choices that I make will ultimately determine the amount of success that I have within the KM Volleyball Program.

Athlete Printed Name: _____ Athlete Signature: _____

Date Signed: _____

I am a parent and/or guardian of the student athlete listed above that would like to participate on a 9th grade, JV, or Varsity team in the KM High School Volleyball Program. I have received and reviewed the ***“Kasson-Mantorville High School Volleyball Handbook”***. I understand the rules, expectations, guidelines, responsibilities, and obligations that my daughter will be expected to adhere to if she is a part of the KM Volleyball Program, and I plan to support my daughter in this effort.

I have read and I understand the ***Playing Time Policy*** section and the ***Excused & Unexcused Absences: Definitions and Policies*** section. I have also read, understand, and agree to adhere to the ***“Parent Communication Guidelines”***. I will never question or confront coaches at a practice or competition. I will remember that my daughter is participating for fun and that this experience is for her and her teammates and not for me. I will focus on being a good parent to my daughter and leave the coaching to the coaches.

I will encourage my daughter to treat other players, coaches, officials, and spectators with respect and I will do the same. I will promote the well-being of all the student athletes and the team ahead of any personal desire that I may have for my own child. I will not encourage any behaviors that could endanger the health and well-being of any of the student athletes.

I understand that the coach may not see things the same way that I do when it comes to decisions on playing time, game-strategy, player positions, practice habits, or other factors that may affect the level of success that the team has. However, I understand that if I exhibit a negative attitude towards the coach or other players in front of my daughter, it will only make her experience more negative, and make it more difficult for her to live up to the codes of conduct that she agreed to adhere to in order to be part of the KM Volleyball Program.

Parent/Guardian 1 Printed Name: _____ Signature: _____

Date Signed: _____

Parent/Guardian 2 Printed Name: _____ Signature: _____

Date Signed: _____