



LEONA LIBBY MIDDLE SCHOOL

VOLLEYBALL HANDBOOK

2026 FALL SEASON

Player & Parent Expectations

Welcome to Leona Libby Volleyball

Dear Volleyball Parents and Guardians,

Welcome to the Leona Libby Middle School Volleyball program! We are excited to begin the 2026 fall season and look forward to working with your student-athlete.

Our goal is to provide a positive, supportive, and enjoyable volleyball experience in which every athlete has the opportunity to develop skills, build confidence, learn the value of teamwork, and grow as an individual.

We believe athletics should help students develop not only as athletes, but also as responsible, respectful, and confident young adults.

As a coaching staff, we are committed to meeting athletes where they are and helping each player grow. We will challenge our athletes as their skills and team development progress while maintaining an environment where they can:

Learn. Improve. Compete. Have Fun.

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1. Parent and Guardian Expectations

We ask that parents and guardians partner with us to create a positive experience for all athletes.

Parents and guardians are expected to:

- **Encourage and demonstrate positive sportsmanship toward players, coaches, opponents, officials, and fans.**
- **Allow coaches to handle communication with officials, scorekeepers, and opposing teams.**
- **Make arrangements to pick up athletes promptly following practices and matches.**
- **Communicate with the coaching staff when an athlete will be absent or unable to participate as expected.**
- **Encourage athletes to communicate directly with their coach when they have a question or concern.**
- **Contact the coach to schedule a phone or in-person meeting if a concern requires further discussion.**

Helping athletes communicate respectfully and advocate for themselves is an important part of becoming a confident and responsible student-athlete.

2. Communication Regarding Playing Time

We understand that playing time can sometimes be a sensitive topic for athletes and families. The coaching staff will make playing-time decisions with the best interests of the team and individual athletes in mind.

A Teams

Playing time is earned and may vary from match to match. Factors may include:

- **Skill development**

- Practice effort
- Attitude
- Teamwork
- Attendance
- Performance
- Readiness for the level of play

B Teams

Our goal is to provide athletes with equitable playing opportunities. However, playing time may occasionally be affected by:

- Attendance
- Practice effort
- Behavior
- Discipline
- Team needs
- The structure and timing of a particular match

Communication Process

Parents and guardians are asked not to discuss playing time with coaches immediately before, during, or after a match.

If you have questions about your athlete's development or playing time, please contact the coach to schedule a meeting. We strongly encourage athletes to speak with their coach first. Learning to advocate for themselves respectfully is an important skill that will serve them both on and off the court.

3. Team Placement

Leona Libby Middle School Volleyball follows a no-cut policy. Every athlete who completes the required registration, physical, and fee requirements will be placed on a team.

Team placement is determined by the coaching staff based on the athlete's:

- Current volleyball skills
- Effort
- Attitude
- Teamwork
- Attendance
- Overall readiness for the level of play

Placement on a B team does not determine an athlete's future. Players have many opportunities to develop their skills and advance throughout their middle school and high school volleyball careers.

Athletes are encouraged to focus on:

Effort • Growth • Teamwork • Being a Great Teammate

4. Tryouts

Tryouts will be held from Monday, August 31, through Wednesday, September 2, 2026.

- 7th Grade: 2:30–4:00 p.m.
- 8th Grade: 4:00–5:30 p.m.

Athletes should arrive on time, prepared to participate, and dressed in appropriate volleyball attire. All required registration, physical, and fee requirements must be completed before participating in tryouts.

Although Leona Libby Middle School Volleyball follows a no-cut policy, tryouts will be used to evaluate athletes and determine appropriate team placement.

5. Practice Times and Equipment Requirements

Practice Times

- A Teams: 2:30–4:00 p.m., Monday–Thursday
- B Teams: 4:00–5:30 p.m., Monday–Thursday

Practice times may vary depending on coach availability, the number of teams, and gym-space limitations.

Game Eligibility

WIAA rules require athletes to participate in at least seven practices before they are eligible to compete in their first game. Please ensure that all required paperwork is completed before tryouts.

Practice Attire and Equipment

Athletes must wear appropriate volleyball attire and have all required equipment in order to participate.

Acceptable practice attire includes:

- Tank tops worn with a sports bra
- T-shirts
- Volleyball shorts or leggings
- Kneepads
- Appropriate athletic shoes

Sports bras worn alone and crop tops are not permitted. Athletes will not be allowed to participate without the required attire and equipment.

Practice and Game Commitment

All practices and games are important. Athletes are expected to make a commitment to attend consistently and arrive prepared to participate.

WIAA rules regarding weekly practice requirements may affect game eligibility. Athletes participating in club volleyball or other activities may miss no more than one practice per week. Exceptions are not permitted. Family trips and other planned absences may affect an athlete's eligibility for an upcoming game.

Illnesses are handled differently. An athlete will not be penalized for missed practice time when she is legitimately ill. Families should communicate with the coach as soon as possible regarding illness-related absences.

School Attendance and Eligibility

Whether an absence is excused or unexcused, an athlete who misses more than half of the regular school day may not participate in that day's practice or competition.

Athletes must attend school for more than half of the school day in order to be eligible to practice or play that day. Families should contact the school attendance office and the athlete's coach regarding any absence or late arrival.

Student Discipline and Eligibility

Students may not participate in practices, matches, or other team activities while serving an in-school suspension (ISS) or an out-of-school suspension. Participation may resume after the suspension has been completed and the student is otherwise eligible according to school and athletic department expectations.

Practice Supervision and School Grounds

After school, athletes are under the supervision of coaches and school staff when they are participating in a supervised school activity. Athletes are expected to remain in approved, supervised locations and to follow school and team expectations.

Athletes may not leave campus or spend time at nearby businesses, including gas stations, Dutch Bros., or similar locations, between the end of the school day and a scheduled practice or team activity. This expectation applies on both regular practice days and game days. If an athlete chooses not to comply, discipline will occur.

Going home is permitted. Remaining at school for a supervised study hall is also permitted. This year, we are calling it CHARGER ZONE, instead of study hall. When athletes attend this after school, they will remain at the Charger Zone until a coach picks them up. Athletes who leave campus to go home are responsible for returning on time and being prepared for their scheduled practice or game.

Athletes who have a later practice time must leave school grounds after school and return at the scheduled practice time, unless they are participating in an approved, supervised activity such as “Charger Zone.” After practice or a team activity ends, athletes must leave school grounds promptly unless they are under the supervision of another approved school activity or staff member.

Spectators are not permitted during practice.

Spandex and Shorts

Athletes must wear properly fitted black spandex or volleyball shorts. Families should purchase the correct size and ensure that the garment is appropriate for the athlete’s height and build.

If an item appears inappropriate or does not provide adequate coverage, it may not be worn. The coach will make the final determination regarding whether spandex or shorts are appropriate for practices and games.

A brand name, such as “Nike,” may appear on the waistband. Logos on the leg of the spandex may not exceed 2¼ inches.

Jewelry and Piercings

Jewelry is not permitted during practices or games. This includes taping over a new piercing. Athletes will be asked to remove jewelry or piercings before participating. If the item cannot be removed, the athlete will not be permitted to play.

6. Attendance and Commitment

Consistent attendance is an important part of being a member of a team. Practice and match plans are developed with the expectation that all athletes will be present and prepared to participate.

Please notify both the school attendance office and your athlete's coach if your student will miss any portion of the school day or a scheduled practice or match.

Advance communication allows the coaching staff to make appropriate adjustments.

Attendance Expectations

- **Arrive on time and prepared to participate.**
 - **Communicate absences in advance whenever possible.**
 - **Be ready to begin practice or competition at the scheduled time.**
 - **Understand that an athlete who misses more than half of the school day may not practice or play that day, regardless of whether the absence is excused or unexcused.**
 - **Understand that tardiness and unexcused absences may affect playing opportunities.**
 - **Recognize that ongoing attendance concerns may result in additional consequences.**
 - **Understand that students serving ISS or an out-of-school suspension may not participate in practices or competitions.**
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7. Injury Protocol

Athletes must notify a coach as soon as possible if they experience an injury during practice, a match, or any team-related activity.

An athlete may return to practice or competition only after a coach has assessed the injury and determined that it is appropriate for the athlete to participate.

If an athlete is injured to the extent that medical evaluation by a doctor is necessary, the athlete must provide a doctor's Return to Participation note before becoming eligible to return to practice or competition.

At that point, the decision regarding whether an athlete may return to participation is not determined by the athlete or parent/guardian. Medical clearance from a doctor and approval from the coaching staff are required.

The RSD Head Injury Protocol will be followed for all head injuries, including suspected concussions.

8. Academics Come First

At Leona Libby Middle School, our student-athletes are:

Students First. Athletes Second.

We expect athletes to maintain appropriate attendance, behavior, and academic progress.

Volleyball should complement each student's education and help develop important life skills, including:

- **Responsibility**
- **Perseverance**
- **Communication**
- **Leadership**
- **Time management**
- **Accountability**

Athletes are expected to take responsibility for completing schoolwork and communicating with teachers, coaches, and families when support is needed.

9. Sportsmanship and Character

One of our highest priorities is developing athletes who represent themselves, their families, Leona Libby Middle School, and the volleyball program with pride.

Athletes are expected to:

- **Treat teammates, coaches, opponents, officials, bus drivers, and fans with respect.**
- **Demonstrate positive sportsmanship at all times.**
- **Respond to mistakes with a growth mindset.**
- **Encourage and support teammates.**
- **Listen to coaches and follow team expectations.**
- **Take responsibility for their actions.**
- **Represent Leona Libby with pride on and off the court.**
- **Display appropriate behavior during practices, matches, travel, and school activities.**
- **Remain in approved, supervised locations after school and during team-related activities.**

The way an athlete responds to challenges, mistakes, and success is an important part of her development.

10. Fundraising

Fundraising is an important part of supporting our volleyball program. Funds raised help us purchase necessary equipment and resources for all teams.

This year, the volleyball program will be selling LMS Volleyball swag, including T-shirts and hooded sweatshirts. These items will be available for team players, parents, family members, and friends.

Your support is greatly appreciated and helps make the Leona Libby Middle School volleyball program as successful as possible. We encourage families to wear their T-shirts and hooded sweatshirts to matches and around town to show their LMS Charger school spirit!

In addition, we will be holding a Roscoe's Coffee fundraiser to help raise additional funds for the program. More information about ordering and deadlines will be provided by the coaching staff.

11. Our Partnership

Thank you for trusting us with the opportunity to coach and support your student-athlete. A successful volleyball program is built through a partnership among:

Athletes • Families • Coaches • School Community

Our hope is that every athlete completes the season with:

- **Improved volleyball skills**
- **Greater confidence**
- **Meaningful friendships**
- **Stronger communication skills**
- **A deeper understanding of teamwork**
- **A greater appreciation for commitment and responsibility**

We are excited for the season ahead and look forward to working together to make it a positive and memorable experience for all of our athletes.

Thank you for supporting Leona Libby Volleyball!

12. Coaching Staff Contact Information

Heather Franklin
Head Coach, 8A Volleyball
Leona Libby Middle School

Email: heather.franklin@rsd.edu
Phone: (509) 989-3565

Assistant Coaches:

- **Katie Garrett, 7A**
 - **Edith Gomez, 7B**
 - **Stephanie Hogan, 8B**
 - **7/8B Combo: Pending numbers**
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PLAYER AND PARENT/GUARDIAN ACKNOWLEDGMENT FORM

Please detach this page and return it to a volleyball coach.

My student-athlete and I have read and understand the expectations outlined in the Leona Libby Middle School Volleyball Handbook, including the attendance, supervision, school-grounds, and student-discipline expectations.

Student-Athlete Name: _____

Preferred Name: _____

Student Email: _____

Student Cell Phone: _____

Parent/Guardian Name(s): _____

Parent/Guardian Cell Phone: _____

Parent/Guardian Email: _____

Additional Contact Number: _____

Additional information that would be helpful for the coaching staff to know:

Student-Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____

Please return this form to a volleyball coach by Monday, August 31, 2026.