



ROSEAU
RAMS VOLLEYBALL

PLAYER & PARENT HANDBOOK 2025

Becky Hayden, Varsity Coach, 612-968-9722

Angie Bjorkquist, JV Coach, 218-242-1890

Kelly Lund, C Team Coach, 763-267-2989

Tracy Borowicz, 8th Grade Coach, 218-242-4053

Morgan Boroos 7th Grade Coach, 218-452-3407

Kris Edman & Madison Swanson, Volunteer Coach

Ken Hayden, Activities Director, 218-463-2770

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PURPOSE:

1. To create a love for the game, the people around you, the competition that is created and the improvement that will come from hard work and dedication.
2. To gain knowledge and confidence in the sport.
3. To learn to benefit from both success and failure. The skill development of athletes occurs when they try and fail, and then try and fail again, sometimes hundreds of times. This willingness to try needs to be celebrated.
4. To develop physical skills, mental intensity, and emotional stability through experience.
5. To learn to play a contributing role to a team and work cooperatively with teammates and coaches.
6. To put forth the best possible effort to achieve team and individual goals.

Team Selection Tryouts are August 11th-14th

- 7th and 8th Graders are allowed to try out if they have a HIGH SKILL level, but if they are not placed on JV Squad or higher, they will **most likely play 7th and 8th Grade**. *Positions and number of athletes can also affect the outcome.*
- 7th and 8th Graders can be told they are not C Squad or higher after any of the days of tryouts.
- Athletes can be moved up or down throughout the season as well.
- Contact Coach Hayden with any questions

Team Descriptions

7th & 8th Grade: Our goal is for those in the program to have a positive experience. Player skill development is our priority at this level. Some girls may play more than others, due to their amount of practice time, skills, and effort they show. As long as the athlete attends practices and works hard she will have the opportunity to be a part of the team. Depending on numbers will depend on whether we have one or two teams. The teams would become an A & B team (by ability/positions). There is no cutting at 7th & 8th grade level. 7th graders could be asked to play up on an 8th grade team due to numbers, skill, or positions. If any players have the skills and ability, and needed based of positions coaches will move players to the proper team (8th to JV...7th to 8th...7th to JV...etc)

7th Grade Coach: Morgan Boroos

8th Grade Coach: Tracy Borowicz

C Squad Beginning at these levels our goal is to put the most successful team on the court. Playing time is no longer divided up evenly. This might mean that there will be matches in which not everyone will get to be on the court. Playing time for some will become more, while for others it diminishes. Every player is expected to support the team regardless of whether she is on or off the court. This team will typically be made up of girls in grades 7th-11th grade. There are usually six to ten girls that make up the starting line up. This is the first time, student athletes may be cut due to abilities and skills.

C Squad Coach: Kelly Lund

Junior Varsity: To get the athlete ready to play varsity. Each game will be played to win and team improvement will be stressed. Not everyone will play. The starting line up for junior varsity consists of six to nine girls who will play on a regular basis. The starters may change based on practice and game situations. The starters do receive the majority of the playing time. This team can be made up of girls in grade 7th-12th grade.

JV Coach: Angie Bjorkquist

Varsity: To build and maintain a strong tradition (not that winning is everything, but the desire to work hard and the knowledge of what it takes to succeed is important). The best possible team will be put out on the floor for every match. These may not be the six best physical volleyball players. It is the six players who work the best together in the eyes of the coaching staff. Typically 7-9 players will play on a regular basis.

Coached by Becky Hayden

**All of these teams can be made up of girls from any grade level.*

PLAYING TIME

We would like to touch on this issue because it is of high concern for all of us (coaches, players and parents). As our numbers remain strong for our sport – management of practice and match time becomes a major factor and we have outlined our philosophy for playing opportunities on the previous page. As in most high school programs, our athletic program is designed for access and opportunity but not for equal playing time. As players progress up to the higher levels, skill very much becomes a divider between a player and a participant. Skills must be acquired and enhanced in the off season with camps, open gyms, weight training hard work and effort. Each player must determine how much time and effort they are willing to invest in this particular sport. It is then the job of the coaching staff to evaluate the ability, skill, attitude and practice performance to determine playing time based on what is in the best interest of the team.

We, as coaches, will make every attempt to communicate openly and honestly with each player so that they understand their role – however public or private. It is the player's job to accept that role, work harder to enhance it or not. Please know that every person on the team is important and appreciated by the team and the coaches.

Missing Practices and Matches –

- a. What is Excused?
 - i. YOU notified the appropriate team coach and the school prior to practice. DO NOT send a message with a friend. The reason was legitimate and can be confirmed. For example, a hair appointment, attending a concert, or going to work is not a legitimate reason for missing practice. An excused absence must be cleared with the appropriate team coach before the absence occurs.
- b. What is Unexcused?
 - i. You did NOT notify one of the coaches or school prior to practice. The reason was not legitimate and could not be confirmed.
 - ii. Shopping trips, going to work, routine physicals, beauty appointments, missing our sport for another non school sponsored sports event, family vacations, concerts, and parties are NOT ACCEPTABLE absences. Please schedule these items around practice. Failure to attend practices not regulated under the above guidelines will result in a loss of playing time, movement to another team, and/or further consequences.
 1. 1st Offense/Occasion: Player is not eligible for the next competition set or match.
 2. 2nd Offense/Occasion: Player is not eligible for 2 additional sets or matches.
 3. 3rd Offense/Occasion: Coach Discretion

Our expectations are that during the volleyball season, volleyball should be up pretty high on your priority list behind family and school.

Attire –Please dress in a manner that will bring credit to yourself, your family, your school and your community. Also, uniforms are provided at all levels. Keep these in top form – you could be charged a replacement fee if there is a problem with damage or if all is not turned in at the end of the season. . **NO dangling or hoop jewelry is to be worn at practice. Studs earrings are the only jewelry allowed during matches and practice.** Especially during preseason, please refrain from using lotion on your legs and arms until after practice. The floors are already slippery enough, lotion only makes matters worse. In addition, we can't wipe up the lotion that easily.

Home Match Expectations- You must support your teammates at all times whether at practice, playing in a match, at school or sitting the bench. If you can't say something positive, don't say anything at all. This includes your tone of voice. Coaches will expect active participation from the bench (cheering, support, etc.).

- **Varsity:** It is expected that you arrive at all home matches by 5:00pm (2 hours before your match) so you can watch both C and JV games. You are expected to be in the HS gym during JV warm ups about 5:40pm so you can help shag balls during their warm ups- for both teams. You will also help with the C team game by line judging and clock/book. V is expected to set up the HS gym for our home games
- **JV Team:** It is expected that you are at the school by 4:40pm so you can get ready for your game and help the C team game that begins at 5:00pm. You are expected to be in the gym during C team warm ups about 4:45pm so you can help shag balls during their warm ups- for both teams. JV players are expected to take down the gym/equipment in the HS Gym after home games. It is our expectation that you sit together behind the varsity bench area. JV team members may need to help with stats, video or other things during the varsity game.
- **C Team:** It is expected that you set up and take down the Aux Gym for our home games. After your game, it is expected that you stay at the gym for both the JV and varsity games. It is our expectation that you sit together behind the varsity bench area.
- **Junior High Teams:** It is expected that you set up the elem gym right after school (3:20pm) for home matches. All players are expected to go to the gym and help. All team members will stay until the completion of both games and help clean up after the match. ALL Junior High Players are expected to be at BOTH games (a and b). You will have to help line judge/clock/book or support your teams. JH players are expected to stay around the school and attend the JV and V games as well. Please STAY in the HS gym area, no wandering halls or to the elementary gym on match nights. JH players will also take turns selling 50/50 tickets at our home matches.

Away Matches / Traveling

- All players will ride the bus to all matches. The bus will leave at the designated time. We also encourage players to return home on the bus as well but understand that is not possible at all times. Parents may sign out their daughter after the event is complete (remember we want you to watch the other teams if possible). Players will not be allowed to ride home with other adults unless cleared through the high school office ahead of time. From the time the players get on the bus until the time the bus returns, players are under the supervision of the coaching staff and will not be allowed to leave our match location without permission.
- Cell phones are not to be used other than calling/texting for a ride. In addition, this means no casual text messaging or taking pictures. Cell phones may be collected on the bus. Bus time is a great time for team bonding.
- Leave visitor locker rooms clean.

Social Media posts (Facebook, Instagram, Twitter, Snapchat, etc.) that are negative, bragging, or show slander towards a teammate, coach, or opponent are not tolerable. Positive comments/posts are welcome! Always ask yourself before posting/sharing how you would feel if someone posted that about you?

PLAYER/PARENT CONCERNS

Procedure to follow should you have a concern to discuss with a coach:

1. Player with concern should speak to their coach individually.
2. If not handled, parent can call the coach to set up an appointment.
3. Please do not attempt to confront a coach before or after a contest or practice. These types of encounters are generally unproductive and detrimental to the parent/coach relationship.

Appropriate concerns to discuss with the coach:

- The treatment of your child -- mentally and physically.
- Ways to help your child improve their skills.
- Concerns about your child's behavior.

Issues not appropriate to discuss with the coach:

- Playing time, team strategy, play calling, other student-athletes

- It is very difficult to accept your child not playing as much as you or they may hope. Coaches are professional and in the position to have to make judgment decisions everyday based on what they believe are best for the team.
- There are situations which may require a conference between the coach and the parent. When a conference is necessary, please follow the procedure outlined previously. **If you feel a resolution was not reached, set up an appointment with the athletic director and/or principal to discuss the situation.**

9. GENERAL EXPECTATIONS

MSHSL & RHS- it is a given that you will follow these rules without question

Alcohol, Drugs, Tobacco- no room in our program for these

Sent to the office for behavior issues- no practice or match

Curfew- 10 pm on nights before matches (coach may revise as necessary)

LETTERING REQUIREMENTS:

In order to earn a letter in volleyball, a player is required to have participated in 1/3 of the total number of sets for varsity. They must finish the season in good standing with RHS and MSHSL policies. The head coach determines the letterwinners and reserves the right to decide cases of special circumstances.

"The Role of Parents/Guardians in Athletics"

based on the video with Bruce Brown.

Competitive athletics frequently carry a lot of emotion and energy for participants and their parents. We all know there is a fine line between support/encouragement and interference, and we hope this discussion will help clarify those boundaries. Understanding some of the challenges of being the parent/guardian of an athlete and having some guidelines to follow can result in this experience being more enjoyable for the participants and their parents/guardians. Throughout the years our school has experienced great support from our parents, but we also know that like many other schools, there is always room for improvement.

HELPFUL REMINDERS FOR PARENTS/GUARDIANS OF ATHLETES:

A. Before the Game:

1. Identify both your and their expectations. Then, drop yours and accept theirs.
2. Identify and accept their 'role' on the team.
3. Release your children to the game: Success is theirs, failure is theirs.

How to know you have not 'released' your children to the game.

- a. You still take credit for their success.
- b. You try to solve all of their problems.
- c. You continue to try to coach them during and after the game.
- d. You 'over-celebrate' wins and 'over-suffer' losses.
- e. If they 'look over at you while playing the game' you may not have released them to the game.

B. During the Game

1. Learn how to watch the game. Sometimes you need to move yourself away from the action. Create some distance.
2. The #1 thing your child needs at the game is for you to model poise and confidence.
3. Utilize positive ways to vent your emotional energy -- encouragement.
4. Focus on the team's goals and performance, not just your own child.
5. Allow only "one instructional voice", the coaches
"Advice from the bleachers does not help, encouragement does."
6. Know your 'role'. You can be a player, a coach, a referee or a fan. Decide what you are going to be and don't try to be the others.

"When adults behave like children, children do not learn to become adults."

C. After the Game

1. Give the athlete some time and space -- recovery time. The more competitive the child and the more competitive the game, the more time they will need.
2. Many athletes who played the game don't enjoy replaying it right after the game. Follow the time and space rule and let them lead when they want to talk about it and what they want to talk about.

2025 Roseau Volleyball Expectations

EXPECTATION	CONSEQUENCE/EXPLANATION
#1 ACADEMICS Academics are a VERY IMPORTANT aspect of school and should be the #1 priority!	The grading policy is found in the school handbook. Players with ineligible grades will miss matches until eligible. Grade check dates will be posted in the locker room.
#2 MSHSL RULES APPLY	Those with infractions serve the penalty as noted by the MSHSL
#3 BE RESPONSIBLE & DEPENDABLE Call a coach if: • sick or not able to attend practice • you will be late • a doctor appointment conflicts • a future absence is known	1 Unexcused Absence - 1 match/set suspension (Coach Discretion) 2 Unexcused Absences - 2 match/set suspension (Coach Discretion) 3rd Unexcused Absences:: Coach Discretion
#4 Talk to a coach before other action. All issues must be addressed with a coach before mediation with parents or others is accepted.	The coaching staff wants what's best for the program at all times. Most issues can be handled simply and immediately. Players also learn communication skills. *The decisions the coaches make are always made for the best interest of the TEAM.*

Remind Code: **Text 81010 @rosovb22**

- **old groups are still included! no need to rejoin**
- **program wide communication**
- **individual teams use other methods (coaches will communicate as needed)**

Website: www.roseauvolleyball.com

Fundraising: All athletes are expected to participate and help support and build our program.

Player & Parent Contract:

I understand the purpose of our program. I will support my daughter and her coaches. I will serve as a role model for our players by talking politely and acting courteously towards coaches, officials, other parents and visiting teams at all times. I will encourage my child and other players with positive statements, even when they make mistakes. I will encourage my daughter to present any seen problem to the coach. We want to develop players of self-advocacy. I have read the handbook.

Player(s) Name	
Player Cell Phone (if applicable)	
Parent/Guardians Names	
Parent/Guardian Phone Numbers	
Parent/Guardian Email address	