

Gallia Academy Volleyball Handbook 2025



WHY? - Coaching Philosophy

Our coaching philosophy centers around fostering a growth mindset through consistent effort, teamwork, and resilience. Together, we strive to create a supportive environment where athletes feel empowered to push their limits, refine their skills, and build strong, lasting team dynamics. We emphasize communication, accountability, and mutual respect with the goal of developing not only skilled players but well-rounded individuals who carry life lessons from the court into their everyday lives.

As a team, we share a deep passion for volleyball. From club to high school to collegiate play, our journey in the sport has shaped who we are today. Volleyball has given us life skills, organizational tools, mental toughness, and so much more. We've built lifelong friendships and unforgettable memories—experiences that reflect the true value of being part of a team.

Now, we are committed to giving back to the sport and community that gave us so much. Our mission is to lead and inspire young women and girls in this volleyball community. We aim to equip our athletes with the skills to succeed both on and off the court, while fostering meaningful relationships and a deep love for the game. Together, we create a culture rooted in care, growth, and dedication to the sport we all cherish.

Program Mission Statement

"The mission of the Gallia Academy Volleyball program is to cultivate an environment that will lead young females to success in their futures. The program aims to develop leaders within the community by highlighting the importance of character development. We hold each player to the highest standards of excellence, expecting commitment, accountability, and a relentless pursuit of success both on and off the court."

****Key aspects of the Gallia Academy Volleyball program include those listed below.***

"Committed to Respect, United in Teamwork, Resilient in Adversity, Driven by Integrity."

1. Commitment

- a. High expectations for participation. Athletes are expected to better themselves by being consistent and dedicating extra time to volleyball.
- b. Commitment to improve each day by giving your 100%.
- c. Accountability. Holding each other to the highest standard.

2. Respect

- a. Mutual respect modeled and demonstrated.
- b. Clear expectations for respectful behavior, sportsmanship, and conflict resolution through various team building and personal growth exercises.
- c. Players' respect through the program will radiate outside of volleyball.

3. Teamwork

- a. Team sport with an unwavering amount of leadership skills to become great members of the program.
- b. Successes and challenges/failures will be a team effort to develop unity and pride.
- c. Each player will have a specific role on the team while supporting each other in their roles.

4. Resilience

- a. High pressure, collegiate style practices. Commitment from the coach to better herself each day in order to better the athletes in the program.
- b. Mental toughness drills and strategies to help develop a mindset of rising above.
- c. Growth mindset within the team. Encouragement to share personal challenges and successes with teammates.

5. Integrity

- a. Clear rules and expectations modeled and practiced.
- b. Decision making during competition and life.
- c. Demonstrating core values during situations that test integrity. (Losses and interactions with officials/communities)

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do.”

— Pelé

Goals

➤ Long Term

- Our ultimate long-term goal is to compete at the highest level while developing well-rounded athletes who demonstrate discipline, a strong work ethic, and effective leadership. Athletes will become strong members of our community, embodying the values of respect, responsibility, and collaboration both on and off the court.

➤ Season

- **Undefeated** season
- **Team GPA above 3.0**
- Attendance at games surpasses last year.

➤ Game by Game

- Model good sportsmanship to coaches, teammates, officials, community members.
- Beat teams in 3 sets.
- Miss less than 2 serves per set.
- Be aced less than 2 times a set.
- Follow game plan
- Be adaptable to change and adjustments
- Emphasize fundamentals
- Exhibit resiliency
- Set achievable but challenging goals for each game.
- Bring in the huddle each play minus the server who is sprinting back to focus on her serve.

➤ **Personal**

- **Defensive players:** 2-5 digs per set, communication leadership (assisting attackers of court on the other side), Do not get aced more than 2x per game. Pass above a 2.5.
- **Attackers:** Hit above a .250 each game. This is figured out through attempts, kills, errors.
- **Setters:** Provide a consistent ball for each set. Tally 8+ assists each set. Communicate clearly about the offense to hitters and report to the coach for calls.
- **Bench expectations:** Cheering for teammates, have fun, exemplify traits listed above.
- **All Players:** 3.0 GPA
- **Coaches:** Clearly model expectations, clearly communicate roles with players, listen to players, adapt, research, track player growth.
- **Parents:** Support the team and staff. Be a great spectator.

Coaching Staff Guidelines & Expectations

Our environment...

- ☒ **Builds character each day.**
- ☒ **Builds player development.**
- ☒ **Competitive gym each day.**
- ☒ **Growth Mindset environment.**

Professional Conduct:

- A. Lead by example.** Model all traits listed above with players, coaches, officials, and parents.
- B. Prioritize integrity.** Respect the game.
- C. Confidentiality.** Prioritize open, respectful and honest communication with all.

Relationship with Athletes:

- A. Positive reinforcement.** Praise the athletes for successes and failures. Feedback shall be given to each player throughout practice and games.
- B. Open communication.** Praise athletes for their open dialogue with the coaches as it is an extremely difficult task for growing students.
- C. Mentor.** Treat those how you would like to be treated. Be a positive role model and not a best friend. Hold accountable with positive feedback.
- D. Allow time for individual check-ins** with athletes formally and informally.

Team Environment and Culture:

- A. Teamwork.** Teamwork based drills and exercises will be implemented.
- B. Visualization.** Practice manifestation and seeing success in our program.
- C. Accountability.** Hold players and coaches accountable.
- D. Follow Rule guidelines below.**

Team Expectations:

- 1. Attendance and readiness.** If you're on time you're late.
- 2. Effort and Attitude.** Something we can control in our everyday life.
- 3. Respect.** To ALL... coaches, players, parents, school, community.

Checklist:

★ Coaches will present themselves in a respectful manner whether here at Gallia Academy or a neighboring school. Coaches not only represent themselves and Gallia Academy Volleyball, but the entire community as well.

- ★ Coaches will be clean and dressed neatly in appearance, whether on the road or at home.
- ★ Coaches will provide a safe environment for student-athletes to grow, learn, and thrive.
- ★ Coaches will not leave the school grounds until all athletes have been picked up by a parent or guardian. Coaches will ride the bus home.
- ★ Coaches will report any athlete's injury to the appropriate individuals if needed—i.e. trainers and parents. Coaches will also check with players on the status of their injury.
- ★ If an athlete is suspected of having a concussion, the coach is expected to immediately remove the athlete from the field of play, administer the appropriate medical care, and begin the concussion protocol.

Communication

Communication is a key component of our volleyball program and preparing student athletes for their future within the community or out. Part of being in a high school sport is to build these skills that benefit each kid in the program. Communication should be clear and honest within coaches, parents and players. Communication should be held as a priority as it affects all individuals involved. Modeling great communication skills starts at the top. Learning this skill early in life is crucial to teen and adult development. Mistakes will happen, things will be said, please remain as professional as possible and recognize that we are all human.

1. **Player Communication.** **COOL OFF PERIOD = 1 FULL DAY AFTER PRACTICE.**
(exceptions can be made with correct communication, agreement from both ends, and based off situation)
 - Be clear and direct of the issue or conversation.
 - Be prepared and allow time for both parties to prepare.
 - Encourage questions and inquiry.
 - Make sure players are heard and we are listening.
2. **Parent Communication.** **COOL OFF PERIOD = 2-3 DAYS AFTER MENTION OF DISCUSSION.**

- Coaches will respond to the parent when able and give adequate time.
- Coach will connect with the athletic director about setting up a meeting.
The meeting will occur after the cool off period.
- Be prepared, ask questions.
- Respect from all ends or the meeting will not transpire.
- Emotion is great, but try to refrain from emotional responses and take time to respond.
- Boundary set between coach and parent. Playing time will not be discussed about other kids or slander of other students.
- Coach will communicate information via GA Athletics/Remind app in a timely manner.

Remember: We are shaping the future of these athletes, both as players and as individuals. Let's lead with passion, integrity, and purpose!

ATHLETE COMMUNICATION:

Things to talk about with your coaches:

- ☐ Concerns about your physical or mental health and well being
- ☐ Ways you can improve (what do I need to work on?)
- ☐ Concerns about school or grades
- ☐ Issues with teammates, other coaches, teachers, etc
- ☐ Issues at home

****Our program is a safe environment for communication in all instances.**

Attendance

Absences and tardiness to school and/or practice have a negative effect on your academics, your progress and overall, your team. Make every effort to avoid missing

practice or being late. We expect all players to be at every practice and game on time. Part of working with people is making accommodations. Please COMMUNICATE any absence or tardiness to a coach with full transparency so coaches are informed and aware.

Failure to do so will result in loss of playing time or discipline.

Excusable absences

- Family Emergency
- Scheduled physical therapy
- Severe illness with a parent contact
- Meeting with a teacher with a note (get there after)

Inexcusable absences

- Evening School/Suspension
- Work
- Fake illness
- Injury
- Any tardy or absence without contacting a coach for approval

*****You CANNOT expect full playing time or no repercussions if there is an unexcused absence.**

Behavior

Us vs. Them, never Me vs. Us.

Every player has a role on this team that directly affects the whole program's success.

Being a part of this program goes beyond volleyball. The way you treat others in your school, community, team, or even other schools directly reflects our program and our values. Respect and gratitude is crucial for the unity of our team. You are expected to be a role model in this program.

Things that wont be accepted

1. Selfish or “me first” behavior. Me vs. Us.
2. Derogatory, racial, or statements of bullying
3. Negativity in any form
4. Not participating in community actions or team building
5. Losing or harming equipment
6. Phone at practice
7. Disrespect to a teacher, coach, adult, teammate or other communities
8. Fighting
9. Disruptions during practice or film sessions

EXHIBITING THIS BEHAVIOR CAN RESULT IN LOSS OF PLAYING TIME AND OTHER CONSEQUENCES AT THE DISCRETION OF YOUR COACH

Behavior in Games

Having a spot to play during games is a privilege and something we will learn to be grateful for. Exhibiting poor attitude, bad sportsmanship, or disrespect to any person affiliated will result in being pulled from games or discipline before or after practice. Everyone makes mistakes, it’s about learning from those mistakes to become overall better members of the program and community.

- Speak to officials or any members of the other team
- “trash talk” opponents
- Talk to anybody in the stands during the game

- Discourage your teammates or do anything other than being a supporter of our team on the sideline

- Anything that draws undue attention to yourself and takes away from the team success

1. taunting
2. aggressive behavior to yourself or equipment
3. standing away from the rest of the team
4. excessively celebrating a score
5. if you remove equipment/ walk away from the team @ practice or games you will be dismissed from our program

Academics

“Student” will always come before “athlete” at Gallia Academy. We strive for superb performance in the classroom as well as on the court. Our mission is to prepare students for the next step in their lives outside of highschool.

1. 2.0 GPA requirement.
2. Bi-Weekly grade/mental health check-ins.
3. Team and player acknowledgement for All-Academic.
4. 3.0 GPA Team Reward Incentive done quarterly.
5. Study tables will be provided for athletes when they drop below a 3.0 GPA
6. Dismissal from the team if can not hold the above GPA with interventions.
7. Required 30 minute Study Tables before the bus and on the bus.

Bus Expectations

- **→ All players will ride the bus to and from all away games.**
 - **This allows...**
 - **Team Bonding/Unity**

- Refrain from negativity with parents
 - Accountability/Responsibility
 - Shared Experiences
 - Comradery
 - Safety
 - High level program experience
- Snack tote
 - Feed the team
 - Study Tables the first half hour of bus rides.
 - Music may be played out loud with permission from the driver.
 - On the bus ride home, refrain from...
 - Negativity
 - Game talk (positive only)
 - Individual check ins

Inability to follow these guidelines will result in disciplinary action as stated on Page 19.

Parent and Athlete Expectations

We ask that both parents and athletes remember that they are representing **Gallia Academy Volleyball** and that the “Gallia Academy” name across their shirt or jersey should be worn with pride and respect. Parents, please remain positive and encouraging toward your athlete, as well as toward all other athletes. Recognize their hard work, resilience, persistence, and good attitude. It’s important to remember that young minds are impressionable, and adult frustrations, if not communicated properly, can negatively affect the overall team culture.

Parent Conduct:

- Parents should present themselves in a respectful manner, both at Gallia Academy and at any neighboring schools. Remember, as parents, you not only represent yourselves and Gallia Academy Volleyball but also the entire **Gallia Academy Community**.
- Keep in mind that the volleyball community is small. Negative comments about a coach, teammate, or a club spread quickly, so please give the coach and staff the opportunity to address any concerns.

Sportsmanship and Encouragement:

- During games, parents are asked to lead by example, demonstrating positivity and sportsmanship toward their own athlete and other players. Volleyball is a team sport, and it's important to recognize that other players and families are involved too.
- Unless you are a member of the coaching staff, please refrain from coaching your athlete during play or offering instructions that might interfere with the strategies and game plans. While well-meaning, this can be distracting for the player and frustrating for coaches, as they compete for the athlete's attention. A spectator's role is to watch, encourage, and enjoy the game.

Addressing Concerns:

- If an issue arises that needs to be addressed, please follow the appropriate chain of command:
 1. Coaches and player
 2. Coaches, player, parents, and Athletic Director (AD)

3. Coaches, player, parents, AD, and Principal
 4. Coaches, player, parents, AD, Principal, Superintendent, and School Board
- Please avoid confronting coaches immediately after a game or in front of players or other parents/spectators.
 - ***Do not make negative comments on social media.***
 - Allow at least 24 hours before requesting a meeting to discuss any concerns. Experience has shown that addressing issues in the heat of the moment rarely leads to a positive outcome. A toxic environment can harm both young athletes and the program itself. Remember, the volleyball community is small, and when you speak negatively about a coach, school, or teammate, it spreads quickly.

By following these guidelines, we can create a positive and supportive atmosphere for all athletes, coaches, and families involved in Gallia Academy Varsity Volleyball.

Practice Guidelines

1. Phones:

- a. **There will be no phones allowed at practice unless directed by the coach. Leave your phone in the locker room or your bag each day.**

2. Music:

- a. **We will play music each day at practice. Music will be played from a coach's phone.**
- b. **Clean versions only!**

3. Plans:

- a. Practice plans will be posted each day before practice for players to look over.
- b. Players will retrieve and set up items needed such as boxes, bands, serving guns, playback tv, etc.)
- c. Coaches will be prepared before practices.

4. Behavior:

- a. Positive/growth mindsets are essential to the program.
Attitude towards other players/coaches, fighting, or internal conflicts need to be left at the door before practice.
- b. Players will speak with coaches if something is wrong.
- c. Failure to follow environmental culture will lead to dismissal from practice.

5. Equipment:

- a. All things used in practice must be returned to the place they were found.
- b. Handle all equipment with care or it will lead to dismissal from practice.

6. Time:

- a. Arrive early for practice. If you are on time you are late.
- b. Complete all dynamics and band warm up before the start time of practice.
- c. You can not expect playing time if you are not willing to put in the extra time or full commitment to the program.

7. Feedback/Acknowledgement

- a. If you are not receiving feedback, there is an issue with your responses.

- b. Be the most coachable player each day.**
- c. Eye contact**
- d. Head shaking/ nodding**
- e. Words of acknowledgement (got it, okay, I got the next ball)**

8. Meditation:

- a. Each day after practice a member of our team will lead mindful thinking with the team.**

9. Court/Lift Etiquette:

- a. Eye contact with teammates.**
- b. Hold the huddle after rallies and talk about the play or next play.**
- c. Encourage teammates.**
- d. Hold accountable.**
- e. Sprinting to the service line. Get the ball to the service line to control pace.**

10. Shirt:

- a. Upperclass(wo)men will choose a shirt schedule for each week. You will receive 3 practice shirts to rotate and acquire another grey shirt when chosen for the award throughout the year.**
- b. Grey shirt award chosen each day at practice, winner wears the grey shirt the next day to practice.**

GREY SHIRT AWARD

"Have an attitude of gratitude" - Thomas S.

"The Grey Shirt Award is an award that represents the values of our program. Aspects such as hard work, being a great teammate, discipline, vulnerability, competition and more describe this award. This award will be voted on by players at the end of every practice to a member of our program. That player will then wear their grey practice shirt to the next practice."

This award recognizes skill, but mainly qualities beyond that. Recognizing others and the work they put in represents our program values.

Receiving this award is a privilege and opportunity EVERY DAY that should not be taken for granted. It represents a sisterhood and our views of having each others' backs."



Scouting Procedures

1. Arrive to scouting with a **pencil/pen and notebook**
2. **Phones** are silent. Survey Monkey updated.
3. Coaches will have **highlighted moments** for the opposing team and have studied the team entirely. Coaches will state the **game plan** before film begins and ask if any players noticed any trends.
 - a. For our own film, the girls will be asked to share a favorite play and coaches will have plays highlighted that may need work or for praise.
4. **Share ideas** about the team scouted.
5. **Ask Questions**
6. **Survey Monkey Quiz at the end.** This holds players accountable and ensures participation/acknowledgement.

Game Day Guidelines

1. **Strategize**
 - a. 3 days to 1 week before each game.

- b. Discuss and run through rotations.
 - c. Ensure everyone is prepared by using survey monkey after scout.
- 2. Readiness**
- a. Players must all eat together before each away game. (parents or sponsors provide) Home games on your own.
 - b. Locker Room/ dinner time chalk talks to discuss strategy .
 - c. All equipment is with athletes and coaches for practices and games.
 - d. Ready for practice to start on the dot. Fully warmed up if able. Tvs set up before practice, net up, boxes out, pvc pipes, bands to stretch etc.
 - e. Develop a personal pregame ritual.
- 3. Feedback**
- a. Players will be given adequate feedback and adjustments.
 - b. Players and coaches will provide direct eye contact for acknowledgement and understanding.
 - c. There will be **no tolerance for interaction with parents/family** during the game, please do not put your child in a negative situation.
- 4. Sideline**
- a. Sideline will exhibit an exciting, strong presence by focusing and adding ideas to the strategy for possible later game use.
 - b. Dialing in for the match. Ready for any opportunity or role.
 - c. Positivity. Athletes will be removed from the sideline if exhibiting a negative behavior.

Evaluation of Players

- 1. Tryouts:
 - a. All players will receive the same tryout format.

- b. All players will be rated on a scale in each area, attacking, setting, passing, serving, character, and effort.
 - c. Players will be explained their rating privately in their entrance/exit meeting that same day.
- 2. Stats:
 - a. Players will be stattd throughout the season on their attack percentage, serving percentage, passing score, and assists.
 - b. App called volleymetrics/hudl
 - c. Volleymetrics/hudl accounts provided for film purposes.
- 3. End of Year Eval:
 - a. Required exit meeting with coaches.
 - b. Players will have stats recorded throughout the year to monitor progress.
 - c. Players will be invited to monitor their stats and teammate stats.
 - d. Coaches will use the same evaluation process as tryouts to show growth and comments in the end of year exit meeting.

Philosophy of Recruiting

High School: Recruitment is illegal in the state of Ohio for girls volleyball. We will encourage girls to want to come to our school district by exemplifying the stated expectations above. We lead by example.

College:

1. We encourage and strive to give each young woman an opportunity to play at the next level. As a former college athlete, I understand the work and effort that goes into this process and am open to meeting with those who express an interest in college volleyball. This will never be pushed upon a child, but we will give ample

opportunity for a college education/scholarship possibly. As a staff and family, we can meet about what college volleyball entails and I can personally connect with coaches around the country.

2. Scholarship opportunities may not come for every child in volleyball form, but volleyball is a great asset to many other scholarships such as academics. Please reach out to me for any information about applying for other scholarships.

Disciplinary Action

Discipline and consistency is key in a high school sports environment. Young adults are bound to make mistakes and will be held accountable. 3 strikes will be provided to players.

- **Strike 1: QT with the coach.**
 - Player and coach meet.
- **Strike 2: Loss of play time. (1 set)**
 - Player, coach, AD and principal meet.
- **Strike 3: Sit out full match.**
 - Player, coach, AD, principal, parent meet
- **Final offense: Expulsion from the team.**
 - Player, coach, principal, parent and AD meet.

*****“Strikes” are hard to acquire. Most situations can be resolved if the player fully commits to change the behavior or action.*****

Examples:

1. **Chronic absenteeism:** Missing practices or games without valid reasons, like sickness or personal emergencies, can hurt team preparation and performance.

2. **Creating division within the team:** Forming cliques or isolating teammates can harm the team dynamic and morale.
3. **Ignoring team rules:** Every team has certain expectations and rules, and ignoring these can lead to disciplinary actions.
4. **Failing to maintain eligibility:** If a player is not meeting the academic standards required by the school, it can lead to being kicked off the team.
5. **Misuse of team gear:** Damaging or misusing team uniforms and equipment, or not returning items properly, can lead to punishment.
6. **Alcohol, drugs, or performance enhancers:** Using banned substances, including alcohol or recreational drugs, either before or during the season, can result in suspension or removal from the team.
7. **Disrespecting teammates:** Bullying, taunting, or causing conflict with fellow players damages team morale and cohesion.

In general, any behavior that negatively impacts the team's performance, spirit, or reputation could result in disciplinary action, up to and including being kicked off the team.

Injuries

Please set your mental and physical health as a priority. Mental health will be valued the same as physical health. If you have an injury or any other concern to your health, you must address your coaches and/or athletic trainer as soon as possible.

You are going to be sore and tired, it is part of being a student athlete. If you are hurt, you should expect to be out of practice(s) which may directly affect your playing time. Do not fake injuries.

If you are injured or out for any reason, you still have a role on this team to be a leader, teammate, hard worker, and more. If you need guidance in finding a role, please communicate with your coach to see where you can help benefit the program.

Please read this handbook and look over all details before signing and returning. Ask yourself, can you do this?

Go Blue!

Player Signature: _____

Parent Signature: _____

Date: _____

