

2026 OgdenVolleyball Player/Parent Handbook

Congratulations! You and your athlete are now a part of the 2026 Ogden Bulldog Volleyball program. We intend to make this an exciting and rewarding experience. We have put together a parent/player handbook to clearly communicate philosophy and expectations, as well as answer questions you may have about the upcoming season.

As we enter the 2026 season, we will continue to build upon last year. It is extremely important that our players and coaching staff learn and grow each season. Last season's player feedback survey was a great opportunity to celebrate what was working and where we can improve.

We ask that you take the time to look over all the information and discuss it with your athlete. We will have each high school athlete acknowledge reviewing in their player goal sheets.

Our first focus will be on the team and not solely on the individual athlete. We ask you to support the role your athlete plays and our coaching decisions so both your athlete and the team can reach their potential.

We believe that communication is one of the biggest keys to the success of this program. You can count on us to communicate clearly, respectfully, and often, even when conversations are difficult.

There may be times when you don't agree with a decision. Before any action occurs, verbal, written or otherwise, allow some time to pause and form an approach to the situation. We ask that you help your athlete navigate frustrations and emotions by encouraging her in positive ways to advocate for herself during difficult situations. We have processes in place to allow for bringing issues or concerns forward.

We look forward to a season of growth through successes and challenges and to helping each athlete develop and improve both as an athlete and as a person. Thank you for being a part of Ogden Bulldog Volleyball. Your positive support for the athletes, team, coaches, and program is vital to our success.

Jenni Winter – Varsity Volleyball Coach
Jess Christensen – Junior Varsity Volleyball Coach
Samantha Riese - Junior Varsity Reserve Volleyball Coach
Lea Kruse - 8th Grade Volleyball Coach
Katie McIntire - 7th Grade Volleyball Coach

Program Philosophy

The Ogden Volleyball Program focuses on building a positive, supportive, and competitive environment, allowing student-athletes to be their best - on and off the court. We base this from four pillars of Integrity, Communication, Relationships, and Teamwork.

🧭 **Integrity → Do the Right Thing**

Do what's right, no matter what
Be honest in your actions
Have each other's backs

🤝 **RELATIONSHIPS → Build Each Other Up**

Build strong connections
Respect each other
Lift each other up

💬 **COMMUNICATION → Speak & Listen**

Speak up early
Give helpful feedback
Provide clear & consistent expectations

🏐 **TEAMWORK → Do It Together**

Work together as one
Trust each other
Own your role

Player & Team Expectations

- You are a student-athlete, in that order. School comes first. Be in class and engage in learning
- Be on time – fully dressed & ready to go 5 minutes prior to practice start time
- Be prepared – have what you need: clothes, shoes, socks, knee pads, braces, water bottle
- Be engaged – maximum effort both physically and mentally. Be in control of your own effort & attitude
- Be coachable – accept & execute feedback to the best of your ability
- Be a good teammate to everyone
- No cell phone at practice
- No bad language – includes music at practice, bus and locker rooms
- Remember – we will play like we practice!
- Exemplify good sportsmanship on and off the court
- Represent Ogden by maintaining a positive character – all the time
- Adhere to the Ogden High School Student Handbook rules and conduct
- You are responsible for cleaning your uniform, warmup and jacket. The uniform and warmup will be returned at the conclusion of the season.
- You will return the team issued jacket at the end of the season in good condition. If returned in poor condition, you will pay $55.

Absences

- Excused – school-related & family emergencies
    - Sickness, or pre-excused by a guardian for legitimate reasons and communicated with your coach
        - You must notify your coach
        - Prior to the start of practice - the sooner the better
        - Do not tell a teammate to tell a coach
- Unexcused - Non-essential appointments (hair, nails, tanning, senior pictures)
    - 1st unexcused absence = participation in the next competition impacted
    - 2nd unexcused absence = no participation in the next competition
    - 3rd unexcused absence = dismissal from the team

School Absences and Eligibility

- Student-athletes are required to be in school arriving no later than 8:45 am and for the full day or the scheduled release time on competition days.
    - Medical notes will be required for appointments on these days.
- Athletes must be present for a portion of the day in order to practice.
- Student-athletes will need to meet the eligibility criteria in order to participate in competitions.

Team Placement & Playing Time

Teams and playing time will be determined by the coaches. It will be evaluated and based on skill level, player position, effort, attitude and practice/game performance. Coaches are focused on providing athletes with opportunities to develop their skills and be competitive at the appropriate level of play.

Volleyball Lettering Criteria

The following are conditions for lettering in Ogden High School Volleyball.

- Athletes must have participated in at least half of the varsity matches.
- Seniors that have received letters of participation for the past 3 seasons.
- Athletes that have made a significant contribution to the Ogden Volleyball Program.
- Extenuating circumstances as determined by the coaching staff as a whole.

Game Attire/Pre-Game attire

We will represent Ogden Community School District, our community and our program in a respectable manner. We will discuss what is worn the day before game day. We will provide a team jacket for away travel games and we will dress up for home games.

Timeouts

- During timeouts, we will meet together in a huddle.
- Players should give their undivided attention to the coaches.

Bench behavior

- Players on the bench are as critical as players on the court.
- Players should be engaged in the game, ready to go in when called.
- Players, coaches and managers are the only individuals allowed on the bench.
- Do not argue with officials, line judges or score table.
- No cell phones allowed on the bench.

End of Game

- The entire team suited up for the game will all shake hands with the opposing team, telling them good game and then jog together directly to the weight room for home games or designated area for away games. Win with class!
- Wait for the coaches to have the post game review and final dismissal.

Supporting Teams Within Our Team

- We are one team. When you are not playing, you are expected to be in the stands supporting the team and players who are.
- We will all shag balls and aid in warmups for all teams. You must have court shoes on. No slippers or clogs.

Travel

- Follow all bus regulations from the Ogden High School Handbook.
- Athletes are expected to attend every game, except for family emergencies, illness, or other extenuating circumstances.
- If departing on a school day, students are required to attend school/classes until the designated excusal time.
- We will generally dress up for home games and wear travel gear for away games.
- Every player is responsible for their own apparel/equipment (uniforms, knee pads, shoes, socks, etc.) for all trips.
- It is the preference that athletes ride the bus home with the team unless there are extenuating circumstances that require otherwise. We win together and we lose together.
    - If players must go home with their parents, a parent must send a Remind message to the coach. If players are planning on going home with anyone else, a parent needs to fill out a travel release form within the appropriate time (generally 48 hours) prior to the game, as well as inform the coaching staff.
    - There may be times when players are required to return on the bus.
- Any area that we are in should be left clean. This includes the bus, locker room, restaurants, etc. We want to leave places better than when we arrived! Remember to thank the bus driver for getting us where we need to be.
- Communication about travel plans, including arrival and departure times, will be shared and updated using Remind and posted on Bound.

Cell Phones

- Athletes will be expected to adhere to the coaches' requests regarding cell phone usage during practices, competitions and travel.
- No Cell Phones during practice. Leave them in your car, backpack, or the locker room.
- Cell phones will not be allowed at team dinners.

Social Media

- Athletes will not use social media to degrade, demean, or attack any teammate, coach, opponent or official.
- Be mindful of what you post or record. If you post it – it can be found!

Communication

Communication is one of the most important contributors to a successful season.

You can expect communication from coaches on the following:

- Schedules, upcoming events, itineraries, etc.
- Assessment of individual skills and roles communicated directly with athletes
- Questions and/or concerns brought to our attention

Remind

Sign up for Bulldog Volleyball on the Remind App.

High School Athletes

Class Name: Bulldog Volleyball
Send a text to 81010 with message @ogdenvb20

Middle School Athletes
Class Name: Ogden MS Volleyball
Send a text to 81010 with a message @ogdenms

- Remind will be used to communicate and share information regarding practice times, game schedules, team events, and other general information.
- We will NOT use Remind to discuss playing time, concerns or other athletes.

Bound

All scheduled practices, events and games are loaded into the Bound app.

Instagram/FaceBook/X

- Social media platforms will be used to promote the program as a whole and communicate information to the general public. This will include information about game schedules/times, upcoming events, fundraisers and other applicable information. This may include posting team pictures, team successes, and shoutouts.

Health Related Concerns

- Please communicate with your coaches on any health related concerns that will impact your performance. Don't assume a coach knows you are hurt.
- Players will need to be medically cleared for 100% participation in order to return to practice or competitions.

Chain of Communication

Communication is one of the most important contributors to a successful season. If you or your athlete has an issue or concern with anything about the Ogden Volleyball Program, please follow the process below.

1. Meeting between athlete and coaches - If an athlete has an issue she would like to discuss or questions/concerns she wants to ask regarding her volleyball experience, she will need to request a meeting with the coaches. Coaches will not meet with athletes immediately following a competition. Requests can be made via the Remind app.

2. Meeting between athlete, parent and coaches - If after an athlete has had a meeting with the coaches, she still has questions or concerns regarding the same issue, a meeting between the athlete, parent and coaches can be requested. Coaches will not meet with any athlete or parents immediately following a competition. Requests can be made via the Remind App.

3. Meeting between athlete, parent, coaches and athletic director - In the event an athlete continues to have questions or concerns regarding the same issue, the third meeting will take place between the athlete, parents, coaches and athletic director. This meeting will not take place immediately following a competition. Requests can be made via the Remind App.

All Meeting requests will need to be made via the Remind App. Coaches will respond to the request within 24 hours. All appropriate level coaches, as well as the athlete, will be present at each of the meetings.

District Level

- Ogden volleyball players will follow the school eligibility policy for extra-curricular activities. This includes abstinence from illegal substances of any kind. Any offense of the school's conduct code will result in both compliance with the school policy and additional team consequences.
    - Typical disciplinary actions are as follows:
        - 1st Offense- Removal from practice/game and reduced playing time during next match
        - 2nd Offense- One match suspension
        - 3rd Offense- Dismissal from team
- Players and families should read and understand all school/activity rules and regulations.