Important Information Regarding Grandview Volleyball

Please read the following handouts. When finished, sign and return the last page to your coach acknowledging that you agree to abide by the guidelines set forward.

Grandview Volleyball
Program Policies

"Practice hard, crave competition, and play with no fear!"

Mission:
The mission of Grandview volleyball is to **Educate**, **Empower**, and **Energize** young men to prepare them for success in life.

Vision:
The vision of Grandview volleyball is to create an individual with a strong foundation of skills at the younger levels and progressively add to their skill development each year. As the skills are introduced, along with team strategies, the joy of playing the game and winning will naturally follow.

Principles:
Working towards our Mission and Vision will require certain principles to be adhered to everyday on the court. Many of these principles should be adhered to in the classroom and the community as well. The following are the core principles.

G: GREATNESS. You are a part of a great legacy of success. Add to the greatness!
V: VALUE ONE ANOTHER. We are a family. Embrace our strengths and individualities.
W: WE BEFORE ME. Team above individual. Sacrifice for the team.
O: OPTIMISTIC. See every challenge as a chance to get better.
L: LOVE OF THE GAME. Play every match as if it is your last. Enjoy the moment.
V: VORACIOUS. Work harder than ALL others.
E: ENERGY. Great energy at all times.
S: SELF DISCIPLINE. Do what is asked of you. Be accountable for your actions.

Something to think about....

YOUR CHILDREN'S SUCCESS

OR LACK OF SUCCESS IN SPORTS

DOES NOT INDICATE

WHAT KIND OF PARENT YOU ARE

BUT, HAVING AN ATHLETE THAT IS
COACHABLE, RESPECTFUL, A GREAT TEAMMATE, MENTALLY TOUGH, RESILIENT,

AND GIVES THEIR BEST

IS

A DIRECT REFLECTION ON YOUR PARENTING

Parent Guidelines

As a parent of a Grandview volleyball player, you have many responsibilities that may not seem obvious. You are an extremely important piece of the puzzle. In order to help this program grow we need the aid of each and every parent. Following is a list of what the Grandview volleyball coaching staff expects from you as a proactive, positive parent.

1. Be a fan of everyone on the team.
2. Respect other fans, officials, parents, players, and coaches.
3. Encourage your child to seek his own answers. Coaches respect players who come to them and privately question their playing time or role; it immediately indicates they want more.
4. Keep any negative thoughts about a coach, the program, or other players to yourself.
5. Positions and talent sometimes do not match up. Coaches attempt to do what is best for the team, putting the best physical mix and the best "chemistry" on the floor. Be supportive of the coach's decision.
6. Never talk to coaches on game-days about a complaint. Ask your son to seek the answer. If he cannot obtain an answer, wait 24 hours and then schedule a time to meet that does not interrupt with practice or games.
7. Cheer your son on, be supportive of him, console him, but do it without judging him, the coach, or his teammates.
8. Visibly show that you enjoy watching your child participate; this will make him feel better about his participation, no matter what his role may be.

If you have any questions throughout the season, do not hesitate to talk to the coaching staff. Yet, before you do, please keep these guidelines in mind before you approach the coach.

1. Has your son approached the coach with his question or concern before you get involved?
2. If you feel you need a better explanation, set up a meeting with the coaching staff.
3. If you have questions or concerns, take the time to first think about exactly what your questions are. If it ultimately has to do with **playing time** or **game strategy**, keep it to yourself.

<u>Some examples of appropriate questions might include:</u>

A. "How would you evaluate my child in terms of his offensive, defensive, and team skills?"
B. "Does my child work hard and have a positive attitude at practice?"
C. "What areas does he need to improve in?"
D. "Do you recommend any ideas on how we could make these improvements?"
E. "Is my child a positive addition to the team?"

<u>THINGS NOT TO ASK ABOUT:</u>

A. Playing time
B. Game strategies
C. Other players

Team Expectations:

1. Follow all rules in the Grandview student handbook.
2. Be on time for all practices and games.
3. Maintain our great reputation! This includes: in public, in class, and in the gym.
4. Schedule your time efficiently. You have made a commitment to play volleyball, we expect you to be at **every** practice.
5. Schedule appointments around volleyball practices and matches.
6. Be considerate of others. All athletes and coaches must be considerate of others in order to keep our program running smoothly. Be a FAMILY!
7. No club volleyball clothing or bags are allowed in the gym (at games or practices) during the Grandview High School volleyball season.
8. Practice as you play. Please put maximum effort into every practice. When you enter the gym, your total emphasis needs to be volleyball. If this is not possible on a specific day, discuss taking a day off with your coach. If the problem persists, discuss it with your coach and parents.
9. Be proud of your teammates, yourself, and Grandview. Remember, wherever you go, you are representing Grandview High School and our volleyball program. Be aware of your actions, language, and dress.
10. Always be "the better person." Be friendly to opponents, other coaches, officials, and spectators.
11. Players will be held responsible for postings on social media that do not represent our first-class standard of behavior. We all are sacrificing some aspects of life to be a part of this program. Players do not have freedom to cyber bully, talk disrespectfully about classmates/opponents, and other various topics that are not in line with our expectation of behavior.
12. Practice responsibilities:
    - Arrive early to set up nets; this is all players' responsibility. You must be dressed and ready to go by 3:45 with nets set up, or you are considered late. Each coach will deal with this situation individually.
    - Warm up as a team.
    - Hustle between drills, before breaks, and after loose balls. This will help in overall conditioning.
    - Think VOLLEYBALL. Pay attention to coaches and move into drills rapidly.
    - Take down the equipment as a team.
13. If players are hurt in practice, they are to see our Athletic Trainer for treatment. They will then refer the player to a physician if necessary and communicate with the coaching staff about the player's return to play protocol.
14. Any player that will be late or absent to a practice or match must notify his coach; preferably with a phone call or text message.
15. Any player that is not present at school the day of a practice can only practice that day with permission from the coach.
16. Any player that has an unexcused absence the day before, or the day of a match will not play in that following match.
17. Any player that misses a practice due to injury or sickness the day before a match will play the next match at the coach's discretion. We must be absolutely sure that you are healthy and capable of playing.
18. Any player that misses school the day of a match due to an excused absence can play in that match.
19. Parents are responsible for securing a ride for their son to all away matches.
20. While on the bench, all players should study the game, know where they would be, what they would be doing, and how they would be doing it, if they were in the game.
21. Home or away, enthusiasm on the bench is contagious and encouraged. Support the team on the court as you would have them support you. This is a team sport.
22. There is no guaranteed playing time.

23. Only stud earrings may be worn (ear, nose, eyebrows, mouth) during practice or matches. All other jewelry is a violation in a match.
24. Each player must support <u>all</u> levels of Grandview Volleyball.
25. Match day responsibilities. Players will be expected to help score games, line judge, and assist in other team warm-ups.
    * Varsity covers C-team and tears down main gym
    * J.V. covers Varsity and helps set up main gym
    * C-team covers J.V. and helps set up main gym
26. **Have fun!**

Other Info:

1. A player may earn a varsity letter by participating on varsity for at least half of the season. A player may also receive a varsity letter by participating in a regional, or state game. Lastly, a player may receive a varsity letter under the coach's discretion; if that player did not fulfill the above criteria, but contributed to the success of the varsity team.

Team Expectations Agreement

AGREEMENT:

Please acknowledge that both you and your parents have read the team expectations by signing this agreement and returning it to your coach. Please retain a copy of the team policies for your records.

By signing my name below, I confirm that I have read and understand the team expectations for the volleyball program at Grandview High School and will abide by them. I understand that failure to do so will jeopardize my standing on the Grandview High School volleyball team and may result in termination from the program.

Athlete print name _____

Athlete signature _____

Athlete Team: _____

I, as a parent, will do my best to help my son adhere to and honor the team's expectations and support him with positive feedback throughout the season. I promise to adhere to the rules outlined on the Parent Guideline handout. I understand that by not following the rules outlined on the Parent Guideline handout, I jeopardize my right to participate in any Grandview volleyball activities. Additionally, I understand that I am asked to donate an additional $300 to the volleyball program, but it is not required.

_____ Parent/Guardian signature

_____ Date