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## **Forward**

The player and parent handbook has been prepared as a reference guide, which highlights the volleyball programs responsibilities, policies, and procedures. For a more comprehensive understanding as a player and parent, please contact directly with your volleyball coach and familiarize yourself with the following publications:

1. Cretin-Derham Hall's Student Handbook
2. MSHSL Website and Publications

## **Cretin-Derham Hall Rouser**

Oh hail CDH, the greatest school in all the land. Our Alma Mater we doff our hats to thee and stand. The purple and gold spells loyalty we're proud to show. Hail Raiders, Rah! Rah! Hoo-Rah! Hail CDH let's go!

Fair school of our youth, our happiest days were spent with thee. The friendships we've made, will live fore'er in memory. Wherever we go our motto always VICTORY.

Hail Raiders, Rah! Rah! Hoo-Ray! Hail CDH, let's go!

R-A-I-D-E-R-S Go Raiders!

## **CDH Mission Statement**

*Cretin-Derham Hall is a Catholic co-educational high school, co-sponsored by the Brothers of the Christian Schools and the Sisters of St. Joseph of Carondelet, committed to Christian values and academic excellence in grades nine through twelve. We will educate young men and women of diverse abilities, cultures, and socio-economic backgrounds for opportunities in post-secondary education.*

## **The Values of Cretin-Derham Hall**

Our values guide our daily actions and focus our efforts in creating ethical students who are prepared for the world.

### **CATHOLIC –**

A conscious focus on Judeo/Christian traditions and Gospel values and Catholic doctrine as understood, celebrated, and lived in the Catholic Church. Within a community of faith, we explore our relationship with God through worship, prayer, study, and service promoting the dignity of each individual to insure and care for the common good.

### **ACADEMIC –**

The process of imparting an identified curriculum for the purpose of preparing students for opportunities in post-secondary education.

### **LEADERSHIP –**

Provide an environment in which students learn about, develop, and exercise the skills necessary to positively affect their community.

### **COMMUNITY –**

A body of diverse and inter-related individuals who support, care, and respect each other and seek to demonstrate these values in society.

### **SERVICE –**

A commitment to ministry within the church, school, and community at large to develop a sense of stewardship.

### **DIVERSITY –**

A conscious focus on and a shared responsibility to understand and respect the differences in abilities, religions, cultures, and socioeconomic backgrounds of the school community and society.

### **EQUITY –**

A conscious focus on and a shared responsibility for the development of a gender fair environment.

## **Athletic Philosophy**

### ***Philosophy Statement***

Athletics provides a unique opportunity for students to engage in their school and work toward our mission outside the classroom. We are committed to creating positive environments where students work to develop ethics, sportsmanship, personal values, and their God-given athletic abilities. During their respective athletic seasons, our student-athletes learn leadership, personal responsibility, self-discipline, goal setting, and conflict resolution. Through competition our student athletes unify the school and community while providing an atmosphere for the development of good school morale, respect, and community responsibility.

Our programs are committed to improving the health and fitness of our athletes; attributes that will help them succeed throughout their lives.

Cretin-Derham Hall Raider Athletics is a public symbol of our school's commitment to personal and academic excellence. The manner in which our teams perform and carry themselves sends a message to our community, representing the work done at Cretin-Derham Hall. Because of this, all of our athletic teams are committed to excellent performance within the bounds of exemplary sportsmanship and sound educational practices.

## **CDH Volleyball Philosophy**

### ***Program Philosophy Statement***

The Cretin-Derham Hall volleyball program will always provide a safe learning environment for young female athletes in grades 9-12 to learn and grow in the sport. The skills learned in our program will teach young athletes to be successful on the court, in the classroom, and in life.

## **Coaching Philosophy**

### ***Ellen Schafer's Philosophy Statement***

*As the varsity volleyball coach of Cretin-Derham Hall, I coach to teach young women how to succeed not only on the volleyball court, but in life by instilling a strong work ethic, sense of responsibility and commitment, and creating a deep respect for their teammates, opponents, coaches, officials, and fans of the sport.*



## **Coaches Contact Information**



### **Head Varsity Coach:**

Ellen Schafer '10

[Ellenschafer10@gmail.com](mailto:Ellenschafer10@gmail.com)

651-587-9199

Bio: Ellen is a 2010 graduate of Cretin-Derham Hall where she played volleyball all 4 years. She was even coached by Jennifer and Joe, respectively. Ellen joined the coaching staff of CDH Volleyball in 2014 as head of the 9<sup>th</sup> grade program. In 2016, she joined the varsity coaching staff where she helped lead the Raiders become conference champions. Ellen was named the new varsity volleyball coach in 2017.

Outside of CDH, Ellen is in her 8<sup>th</sup> year of coaching volleyball for Northern Heat-CDH JO Volleyball Club. Ellen is also the middle school science and engineering teacher at St. Joseph's School in WSP.



### **Varsity Lead Assistant:**

Jennifer Rohlwing '97

[jjbarnes77@yahoo.com](mailto:jjbarnes77@yahoo.com)

651-280-7505

Bio: Jennifer is a 1997 graduate of Cretin-Derham Hall where she played volleyball all 4 years. Jennifer went on to play D1 volleyball at Bradley University and coached at the D1 level at the University of Maine. She joined the CDH coaching staff in 2004 and has continued to be instrumental in CDH volleyball success.

Outside of CDH, Jennifer is in her 14<sup>th</sup> year of coaching volleyball for Northern Heat-CDH JO Volleyball Club. Jennifer resides in Eagan with her husband, Paul, their three children, and their brand new puppy.



### **Varsity Practice Assistant:**

Nicholas Giles '03

[ngiles@c-dh.org](mailto:ngiles@c-dh.org)

651-491-3336

Bio: Nick is a 2003 graduate of Cretin-Derham Hall. This is Nick's first year involved in the CDH volleyball program but has coached volleyball for the past 5 years. He is an active player and has played men's volleyball for the past decade. He also is teaching Visual Arts at CDH as well as coached the Ultimate Frisbee team for the past 5 years.

Outside of CDH, Nick stays active playing Volleyball, Ultimate Frisbee, and Basketball throughout the year. He also likes to do wood working, diy projects, stained glass, and other fine arts at home.

### **Junior Varsity Coaches:**



Joe Stinchfield  
[joe4beth@comcast.net](mailto:joe4beth@comcast.net)  
651-644-5320

Bio: Joe has been coaching for CDH at every level for the past 18 years; as well as, coached at the middle school level. He has been a team coach, varsity assistant, setting coach, volunteer coach, and so much more! Joe considers himself one of the oldest coaches that retired from coaching 12 years ago, but every year comes back to coach the sport he loves. Hopefully, you'll see him in 10 years roaming around the sidelines in a wheelchair, cheering us on. Could life get any better?

Outside of CDH, Joe continues to volunteer his expertise for Northern Heat. Joe and his wife are the proud parents of several wonderful cats and dogs – their kids.

Steve Gagner  
[gagners@msn.com](mailto:gagners@msn.com)  
651-222-2374

Bio: Steve joined the CDH varsity staff as a volunteer coach in 2010 until 2015. He helped teams make it to the State Tournament and conference/section championships. He is honored to be back at CDH coaching JV. Steve has been playing competitive volleyball for almost 40 years. Including playing in quite a few national tournaments throughout his career. In fact, it was his coaching partner, Joe Stinchfield that got him started in volleyball.

Outside of CDH, Steve is happily married with four wonderful children along with seven grandchildren. He is a retired critical care nurse/educator.



**B-Squad Coach:**  
Ronda Gowan  
[rkgowan40@yahoo.com](mailto:rkgowan40@yahoo.com)  
612-269-1531

Bio: Ronda is a graduate of Derham Hall and The College of St. Scholastica. Ronda's love for volleyball came out of watching her daughter Meghan play from 4th grade through her senior year at CDH. Ronda started coaching volleyball at St. Mark 's Elementary School in 2003 and Northern Heat the same year. Ronda joined the CDH coaching staff in 2010 as the Freshman White Team coach, and proceeded to coach the Gold and Purple Teams in the following

years. After a couple years off, Ronda is excited to be back coaching at CDH and looking forward to working with the B Squad.

Outside of volleyball, Ronda enjoys spending time with her husband, Dan, three children (all CDH graduates!) and her four grandchildren. Favorite pastimes include traveling to watch her son, Sam, play tennis for the University of Wisconsin-Lacrosse, hiking and canyoneering in southern Utah and making wedding invitations. She is a licensed social worker and works as a community case manager. Ronda lives in Highland Park, where she grew up.



**Freshman Purple Coach:**

Alice Grassman

[roundfrog@msn.com](mailto:roundfrog@msn.com)

612-381-4774

Bio: Alice is in her 3<sup>rd</sup> year coaching for CDH. She assisted on JV in 2012 and is now head of our 9<sup>th</sup> grade program. Alice is a two-time Minnesota State Champion, one 3<sup>rd</sup> place finish, and Star

Tribune Metro Volleyball Player of the Year as a high school player. Alice played D1 at North Carolina State University where she was Team MVP.

Outside of CDH, Alice is in her 3<sup>rd</sup> year coaching for Northern Heat. She enjoys coaching her daughters and has a dog.

**Freshman Gold Coach:**

Gina Goetke

[ggoetke9@gmail.com](mailto:ggoetke9@gmail.com)

Bio: This is Gina's first year as a CDH volleyball coach. Gina graduated from Henry Sibley High School in 2001. She played volleyball all 4 years and was awarded MVP her senior year. She also played club volleyball in the winter, playing for Northern Heat one year. In college she played for Bethel University. Gina has about 5 years of coaching experience. She has coached B-squad at Henry Sibley and for a few different clubs in the Twin Cities, most recently for Freeze Volleyball in 2015.

Outside of CDH, Gina is a 3<sup>rd</sup> grade teacher at EXPO Elementary school. She has 3 little girls, Mallory (13), Molly (6) and Maria (4) and a puppy named Miya.

## **Pre-Season: Summer**

*\*None of these programs are required for any athlete to attend.*

### ***Raiders Edge***

The Raiders Edge is our high-performance training group helping CDH athletes to achieve individual and team goals. Each workout is a total body training experience designed to help student-athletes become stronger, faster, and an overall better athlete. Raiders Edge is directed by our outstanding training team and will push students to become the best version of them. Have your student-athlete check us out. The results will speak for themselves.

For more information, please email Jerry Macken at [gmacken@c-dh.org](mailto:gmacken@c-dh.org) or call the Fitness Center at 651-696-3348.

### ***Open Gym***

Open gyms are offered twice a week in the months of June and July (except during MSHSL No Contact Period). The varsity coach and captains determine the next summer's open gym days/times. Open gyms are available to anyone. These sessions are a great way for students to meet new people and practice their volleyball skills in a fun, stress-free environment.

### ***CDH Volleyball Camps***

Cretin-Derham Hall through the partnership with Northern Heat JO Volleyball Club offers an all-skills volleyball camp the last two weeks of July. Campers can choose to participate in one or both weeks of camp. Ellen Schafer directs the camp with the help of current and former varsity volleyball players, captains, and coaches.

2018 Camp Dates:

Week 1: July 16-19, 2018

Week 2: July 23-26, 2018

### ***Summer Leagues & Scrimmages***

Prospective varsity volleyball players have the opportunity to participate in different volleyball leagues and scrimmages throughout the month of July. Players must be invited to play in either league or scrimmages. Some additional fees may be required for these players to cover league costs and scrimmage shirts.

## **Tryout Information**

No players can tryout for any sport until they have completed the following:

1. Filled out athlete registration at [www.cdhraiders.org](http://www.cdhraiders.org)
2. Paid specific sport fees
  - a. \$50 – B-squad, JV, Varsity
  - b. \$85 – Freshman
3. Have a current physical with clearance to play and signed by a doctor on file in the athletic office. Physicals are current for 3 years. This means all incoming freshmen and most returning seniors must turn in a new physical form.

*\*If these steps are not complete at the start of tryouts, that player will not be permitted to step on the court until she gets clearance from the athletic director.*

### ***Tryout Dates, Times, & Locations***

August 14-August 17, 7-10 am

10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders will tryout in the Joe Mauer Field House

All 9<sup>th</sup> graders will tryout in the Auxiliary Gym

*\*Teams will be made at the end of tryouts on Wednesday, August 17 or first thing on Thursday, August 18.*

### ***Tryout Procedures***

Coaches will evaluate every player on the following skills and characteristics:

#### **All-Skills:**

Hitting

Serving

Digging

Passing

Setting

Athleticism – speed, agility, vertical, etc...

#### **Positional Skills:**

\*Coaches will pay special attention to a player's skill-set at their desired position.

#### **Characteristics:**

Attitude

Ability to be coached

Energy

Chemistry with fellow players

Each player will have an evaluation sheet filled out by their coach during tryout week and again at the end of the season to see where players have grown and where there are needed areas of improvement. These forms will be shared with the players at their season exit interview. Players may request their evaluation sheet if they are cut from the program.

No freshman player will move up unless they become a starter at the varsity level or a specific position is needed at the B-squad level. The CDH volleyball program strongly believes in keeping all freshmen together to create strong friendships within their class.

The B-squad will consist primarily of sophomores and will not have more than 15 players on the roster. The Junior Varsity team will consist primarily of juniors with no more than 15 players on the roster. The Varsity team will have the top 10-15 players in the entire program.

### ***Cutting Policy***

Cretin-Derham Hall values and encourages as many students to participate in extra-curricular activities as much as possible. The CDH volleyball program believes and supports this policy. However, sometimes cuts need to be made to ensure that we have the strongest possible program.

### ***9<sup>th</sup> Grade Level***

The CDH volleyball program firmly believes in a No Cut Policy\* at the freshman level. Our coaches work hard to develop every player so they are prepared to tryout at the next level the following season. We offer two competitive teams (Purple & Gold) at the 9<sup>th</sup> grade level and one developmental team (White). Each team can hold up to 15 players.

*\*To ensure that every player gets the best possible volleyball experience at CDH, we will make cuts if the tryout number exceeds 45 players (or 30 players if only two teams are formed).*

### ***B-Squad, JV, and Varsity Level***

Due to high interest numbers at these levels, cuts need to be made to keep the roster at 15 players each. It is at the coach's discretion at each level if they decide to keep fewer than 15 players on the roster.

## **Team Pictures**

### ***Picture Day***

Friday, August 18 at 10:30 am in Joe Mauer Field House for B-squad, JV, and Varsity.

Wednesday, August 30 at 3:15 pm for 9<sup>th</sup> grade in Auxiliary gym.

Players will receive purchase order forms a few days before picture day.

All teams will have individual and team photos taken by *Michael Murray Photography*.

Varsity players will also partake in a poster photo shoot.

### ***Action Shots***

CDH math teacher and professional photographer, Brock Beithon, takes action photos of select varsity games. To view his photos and to purchase them, please visit the Photo Information page on [www.cdhraiders.org](http://www.cdhraiders.org).

### ***Team Photographer***

The CDH varsity team is looking for a parent volunteer to take photos at a variety of games to capture our season. This person will need to provide their own camera that can take good action shots of the players. This person needs to capture team photos and at least 5 photos of each individual varsity player; as well as, the coaches. The pictures can be of the players playing, sitting on the bench, cheering, doing something silly, or really anything that captures the fun spirit of playing volleyball.

These pictures will be compiled into a fun slideshow to be revealed at the end-of-the-season volleyball banquet.

Please contact Ellen Schafer if you are interested in this role.

## **Program Policies & Rules**

### ***Playing Policy:***

Playing time is not equal at any level in the CDH volleyball program. However, it is our policy that every player is allowed to get in at least once in every match at the 9<sup>th</sup> grade, B-squad, and JV levels. Playing time will be measured by individual skill, effort, attitude, position needed, and team chemistry.

At the varsity level, the best players play. The varsity coaching staff will do their best to make sure all the players receive some playing time, but there is no guarantee that every player will play every match.

### ***Absent Policy:***

If you are sick, please take the appropriate actions to keep yourself, your classmates, teammates, teachers, and coaches healthy. We want our players to be healthy and understand absences in the instance of sickness.

Missing a practice, match or both due to an illness, family emergency, or excused absence will not result in a loss of play. Please inform your coach as early as possible if you cannot make a practice or match.

In order to play in that day's match, all players must be present at school by **11:00 am**.

If you miss a practice, match, or both for an unexcused absence, the following policy will take place:

### **Unexcused Absences from Practices**

- 1 missed practice = sitting out first set of next match you participate in
- 2 missed practices = sitting out the first two sets of the next match you participate in
- 3 missed practices = dismissal from team

### Unexcused Absences from Matches

- 1 missed match = sitting out entire next match you participate in
- 2 missed matches = sitting out the next two entire matches you participate in
- 3 missed matches = dismissal from team

*\*The CDH volleyball program has the “3 strikes and you’re out” rule. Any player who has 3 unexcused absences from practices, matches, or a combination of both will be asked to leave the program. Attendance will be taken at each practice and match. This will serve as a record for all your excused and/or unexcused absences.*

### **Cell Phone Policy:**

No cell phones will be allowed at practices or matches. Cell phones are a distraction to players and must be stored in the athlete’s locker. If a player needs to get a hold of a parent during practice or match, players are allowed to use the coach’s or athletic office’s phones. Coaches will provide their numbers to parents incase a player needs to be reached during a practice or match.

### **Locker Room Policy:**

All players should have a locker in the CDH locker room for the duration of the season. All players need to have a lock to keep their belongings safe and secure. Players may buy locks during the first week of school. No cell phones, bags, or miscellaneous items should be out on the court during practice or home matches. This ensures minimal distraction and also prevents possible theft. All items should be stored in their locker. Only volleyball equipment, personal medical needs, and water bottles are permissible on the court.

No cell phones, cameras, video recorders or other devices to capture, record or transfer a representation of a nude or partially nude person in the locker room or to take any other photo or video image of a person in the locker room.

Students and staff violating this policy shall be subject to school disciplinary action and possible legal referral, if applicable. Other persons, violating the policy may be subject to penalties outlined in state law. In these matters the building principal or his/her designee shall be responsible for enforcing this policy.

### **Lettering Policy**

In order to receive a letter for playing volleyball, players must meet the following requirements:

- Be on the varsity roster
- Play in at least 4 varsity sets\* (1 set = a game to 25 points; best 3 out of 5 sets wins the match)
- Maintain a C- average or higher in all first trimester grades (No Ds or Fs)

Letters will be handed out to players that meet all these requirements at the end-of-the-season banquet.

\*Managers and season-ending injuries or illness will be evaluated case by case.



### ***Program Rules:***

1. All players are responsible for setting up and taking down equipment properly at every practice and match.
2. All players will be on time to practice with their gear on and ready to play. For example, if practice starts at 4 pm, then the net needs to be set up and a ball cart filled with balls needs to be on the court by 3:55 pm. By this time, players should be warming up their arms with a partner.
3. All players will meet in the designated meeting spot 5 minutes before the scheduled bus time for all away events.
4. Freshman Purple is responsible for working all Freshman Gold home matches and vice versa. All home matches are back-to-back, so players must stay for both matches. If you are not working, then you may work on homework or watch the match.
5. Varsity players are responsible for working all B-squad and JV home matches. Captains will create a work schedule for the team. If you are not working, then you may work on homework or watch the matches.
6. B-squad and JV are required to stay for the Varsity match at both home and away events. B-Squad and JV players are required to assist in shagging balls during the hitting warm-up. B-squad and JV players may do their homework during the match.
7. 2-3 B-squad players are assigned at each home and away Varsity match to film the game. Your team coach will create a rotating work schedule.
8. 2 B-Squad or JV players will be assigned at home Varsity matches as Ball Girls during the match to assist the officials. Your team coach will create a rotating work schedule.
9. In addition to these program rules, each coach will have a set of team rules that you will be asked to follow.

## **Captain Policy**

### ***Captain Procedure***

To be chosen as a captain for the CDH volleyball program is a high honor and a privilege that should not be taken lightly. If you would like to be considered a captain, then you must meet the following requirements:

- Be a senior\* in the next season,
- Be in good academic standing in accordance with the Eligibility Standards found on page 12-13 of this handbook,
- Be a hard worker on and off the court, in the weight room, in the classroom, and in the community,
- Be a positive role model for your teammates,
- Represent and uphold the CDH community with the mission and values of CDH,
- Exemplify the qualities of a leader, and
- Receive the majority of the votes by the current varsity and JV teams; as well as, support from the coaches\*\*.

Each year, 2-3 seniors will be chosen to lead the volleyball program. The players' chosen do not have to be starters. It's important to lead from all angles of the team. The teams will vote for next year's captains at the end of the current volleyball season. The winners will not be announced until the mandatory player volleyball meeting in the spring for students interested in playing volleyball the following fall.

***\*Juniors may become captains under special circumstances at the coach's discretion.***

***\*\*The varsity coach has final say on all captain procedures and voting.***

### ***Captain Responsibilities***

To be a captain means that you have multiple responsibilities on and off the court. Below is a list of some responsibilities that you will have.

#### ***Pre-Season Duties***

- Be at open gyms and lead them
- Participate in Raiders Edge
- Work the CDH volleyball camps
- Design and organize the summer scrimmage shirts
- Pick out spirit wear for the upcoming season
- Plan and lead Captains' Practice Week
- Communicate with the players who are invited to summer leagues and scrimmages
- Communicate with the coaches on a regular basis

#### ***In-Season Duties***

- Lead the team with a positive attitude at every practice, match, and school event
- Captain meeting and coin toss at the start of every match
- Create work schedule for players working home matches
- Be a safe outlet for players to communicate with if they have a problem
- Communicate with the coaches on a regular basis

### ***Captain Disqualification***

Being a CDH Volleyball varsity captain is a high honor and privilege, not a right. Players voted in as captain may lose their title at any time if they do not meet the above requirements.

*\*These policies are either taken from the Cretin-Derham Hall Coaches Handbook, Student Handbook or added by the CDH Volleyball Program. All players in the volleyball program will be held accountable to these policies.*

## **Eligibility Standards: Participation in Athletics Activities**

### ***Mid-Trimester Eligibility***

Any student who is failing two or more credits on the Mid-Trimester Report Card becomes ineligible for participation in activities starting the Monday after Parent-Teacher Conferences. The grade that is listed on the student's report card used to determine eligibility. The student will remain ineligible for seven calendar days. **No Practice No Play.** At the end of seven days, if the student is passing all of the credits in question, eligibility will be restored. If at the end of this first week the student is still not passing all of the credits in question, he/she will remain ineligible for another seven days. This cycle will be repeated weekly until the student is passing all of the credits in question. Once the student is passing all of these credits, the Athletic Director/Activity Director will be informed by the Guidance Department and eligibility will be restored. The student will then be monitored weekly by the Guidance Department for the remainder of the grading period. If any of the credits in question fall below the passing level (D-), the student will again become ineligible for the remainder of the grading period.

### ***End of the Trimester Eligibility***

At the end of a trimester, any student who fails more than one credit will be ineligible to participate in any athletic or co-curricular activity. Ineligibility will start on the first day of the following trimester. The student will remain ineligible for seven calendar days while an academic plan is developed to make up the credit(s) in question. Developing the plan will involve input from the student, Athletic Director/Activities Director, teacher, guidance counselor and parents. Once the plan has been developed and approved, eligibility will be restored.

### ***Athletic Eligibility Consequences for Alcohol Tobacco and Other Drug Violations***

Students participating in Co-Curricular and/or Athletic activities at Cretin-Derham Hall are held to high standards and will demonstrate respectful and responsible behavior at all times for continued participation. In support of and accordance with the MSHSL, the administration will notify the school to which the student is transferring of the previous violation history. In cooperation with the minimum standards outlined by the MSHSL, Cretin-Derham Hall provides this policy and procedures to define school interventions in times of alcohol/tobacco and other drug concern.

### ***Penalties for Category 1 Activities:***

***Definition – Category 1 Activities: Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments.***

#### **A. First Violation Penalty**

The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.

#### **B. Second Violation Penalty**

The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

#### **C. Third or Subsequent Violation Penalty**

- a. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
- b. A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all the following conditions are met:

- i. The student is assessed as chemically dependent,
- ii. Enters treatment voluntarily, and
- iii. The director of treatment center certifies that the student has successfully completed the treatment program.
- iv. The treatment option cannot be used for the first or second violation.

Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

#### **D. Applying the Penalty**

*Please see the Student Handbook that can be found on [www.c-dh.org](http://www.c-dh.org) for full information on this policy.*

### **Transportation**

All players and coaches must ride the bus that the school provides for them to away events. Players may use an alternate ride home if there is written consent from their parent before the match or their parent speaks with the coach directly after the match. If a player receives a ride home from a non-family member, then written consent must be given before the ride is taken. If a school provided bus is not available to an away event, then it is up to each individual player to find a ride to that away event.

### **Spirit Wear**

Purchasing Spirit Wear is not required in the CDH volleyball program. If you are interested in purchasing gear, the flyer is attached in the appendix. This year's store dates are August 2-August 9 and August 16-August 20.

### **Banquet**

All players and families on B-squad, JV, and Varsity are invited to the end-of-the-year banquet at Mancini's. The banquet is the Monday after the State Tournament. Awards, acknowledgments, gifts and a fun season recap will be given out at this time. All players and families attending must pay a fee for your meal. Your team coach will give you more information closer to the end of the season.

## **Parent Participation**

The CDH volleyball program appreciates all the support we receive from fans, administration, and parents. We believe that parents are just as part of the team as the players. With that, we ask that the parents in our program uphold the mission and values of Cretin-Derham Hall as much as the players are asked to.

### ***Captain Parents***

If your daughter(s) earns the privilege of being named a captain on the varsity team, then as a Captain Parent, you also will have some responsibilities. We ask that Captain Parents:

- Create a communication sheet of all families for all families on the varsity team
- Lead as positive cheer and role models in the stands during matches, especially during those tough calls
- Help coordinate any theme nights (Senior Night, Parent Night, Teacher Appreciation Night, etc...)
- Help coordinate varsity team dinners
- Help coordinate an all program event at the end of our last game

### ***Team Dinners***

Team dinners are a fun, easy, and delicious way for the players of the team to bond together. At the beginning of the season, your team coach or Captain Parent may reach out to you to help host a team dinner. Team dinners are not required to participate in and you may also host a dinner with multiple families to split the cost.

### ***Channels of Communication***

Cretin-Derham Hall believes that it is important to provide open lines of communication with student-athletes and parents. Often times many problems, conflicts and concerns can be resolved through a proper sequence of communication. Listed below is a sequence of communications that is expected to be followed to help resolve athletic issues that may arise.

**Step 1:** Student-Athlete meets with coach.

**Step 2:** Parent and Student-Athlete meet with coach.

**Step 3:** Parent, Student-Athlete and coach meet with Athletic Director.

**Step 4:** Athletic Director will meet with Administrative leaders to determine the next step.

**Step 5:** A meeting with the AD, Parent, Student-Athlete and Administrative leadership will occur if necessary.

***\*It is the hope of the athletic department and CDH volleyball program that most, if not all, conflicts and concerns be corrected in Step 1.***

## **Sports Medicine Policy**

Alyse Randall is our physical trainer at CDH. Alyse is available every day after school starting at 2:30 and will be present for all home games. Students are not allowed in the training room until after school and Alyse is present. If you get injured and need to see a doctor outside of Alyse, please have the doctor fill out and sign CDH's medical release form to keep on file at school so we can stay current with your recovery process.

*The medical clearance form is attached to the appendix.*

## **Off-Season Training: Winter & Spring**

### ***Raiders Edge***

The CDH Fitness Center is open all year round for students to continue their training in the off-season. Contact Jerry Macken for more information about personalized workouts and sessions offered right after school.

### ***Club Volleyball***

Minnesota offers thousands of volleyball clubs to continue playing the sport you love with hundreds of teams in the Metro Area. Most JO seasons run from November to May with some lasting until July. Clubs range in skill level, pricing, and traveling. Talk with your coach to determine which club is right for you.

## **School Contact Information**

<b>School</b>	Cretin-Derham Hall	651-690-2443
<b>Athletic Director</b>	Phil Archer	651-696-3384
<b>Associate Athletic Director</b>	Kelley Hood	651-696-3310
<b>Athletic Trainer</b>	Alyse Randall	651-696-3345
<b>Website</b>	<a href="http://www.cdhraiders.org">www.cdhraiders.org</a>	

## **Direction to Schools**

Please visit the Minnesota State High School League website to get the driving directions to all competing schools. [www.mshsl.org](http://www.mshsl.org)

## **Appendix**

*\*Not found on online version. See appendix in paper copy given to player after tryouts.*

- **Game Schedule for All Teams**
- **CDH Concussion Policy**
- **Sports Medicine Clearance Form**
- **Team Spirit Wear Flyer**
- **Player & Parent Contract**