



Rogers High School Volleyball Policy Handbook 2023

1. Please understand that our number one goal is to provide a positive experience for all members of our program. There are rules and guidelines in place to help ensure we achieve this and other goals.
2. The coaches' goals are very simple and straightforward:
 - Create a positive, fun and memorable experience.
 - Exemplify integrity and sportsmanship at every opportunity.
 - Promote understanding of what a privilege it is to simply play the game.
 - Model high ethical standards.
 - Foster a positive self-image.
 - Place a high value on physical and mental fitness.
 - Teach the necessary social skills of a successful adult.
 - Provide the needs of the team ahead of any one individual.
3. Please be aware of any and all RHS Athletics and MSHSL rules in regards to eligibility, substance use and any infractions that could result in a loss of eligibility for volleyball. (i.e. - academic standards, detention, participation standards, etc.) It is your responsibility to know and accept the consequences of these rules.

MSHSL Chemical Eligibility Guidelines

At any time during the calendar year, a student shall not, regardless of the quantity:

- A. use or consume, have in possession a beverage containing alcohol;
- B. use or consume, have in possession tobacco; or,
- C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
- D. use or consume, have in possession, buy, sell or give away products containing, or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.

4. We ask that your commitment hierarchy be: Family, school, and then volleyball. Any absence or conflict arising from another avenue must be resolved in advance with your team coach or your eligibility will be in jeopardy.
5. Playing time philosophy is as such: We will make every effort to create and foster a role for each athlete. We make no guarantees about playing time and cannot institute any kind of “equal playing time” agenda. We will make certain every player has a clearly defined role within her team, provided they are in good standing with their team coach.

Please understand that there can and will be differences in opinion between participants, parents, and coaches as to playing time. While the coach will always take part in conversation with players regarding playing time - the coach will not discuss another player (which includes starting line-ups and substitution patterns).

6. Conflict resolution- All issues that arise should follow this protocol:
 - The player speaks with the team coach.
 - The player speaks with the team coach and head coach.
 - The player and parent speak with the head coach.
 - If the issue cannot be resolved after these steps, then the Athletic Director will become involved.
7. Please allow 24 hours after a match to address any issues with the coaching staff. Emotions can run high for players, coaches and parents immediately after a contest. No issues will be addressed with a family pursuant to a particular match until 24 hours after the fact.
8. All players listed on the section roster will receive a varsity letter for the season. Varsity team managers also have the opportunity to letter if they attend at least 75% of all volleyball related activities, including practices, games, and tournaments.
9. Understand you are a student/athlete. If grades or attendance standards fall below guidelines published by RHS or the MSHSL, you will be ineligible to compete unless there are special circumstances resolved with the coaches and school staff.

ISD 728 Academic Eligibility Guidelines

Academics: A student earns academic eligibility to participate in extracurricular activities by achieving a grade point average of 2.0 or higher in a 4.0 system.

- a. Grades may be checked at mid-semester. Students not achieving a grade point average of 2.0 will be placed on academic probation. Students and their parent/guardian will be notified in writing.

- b. Grades will be checked at the end of each semester. Students not achieving 2.0 in all subjects per semester will be declared ineligible.
- c. An incomplete is considered an F until course work is made up and a grade above an F is posted for the semester grade.
- d. Eligibility may be restored at the following semester or through progress reports with teachers.
- e. Spring semester ineligibility will carry over to the following fall semester. A student must have earned academic eligibility prior to the start of the extra-curricular activity as determined by the last report card. Students who do not pass required subjects during the last semester may attend a pre-approved summer program to become eligible.

- 10. Personal Conduct. If you are found to be conducting yourself in a manner that is detrimental to yourself or the RHS Volleyball program, you will be notified in writing of a violation. If you fail to correct the behavior outlined in a performance improvement plan provided by the coaching staff, you will be in jeopardy of losing eligibility to participate in the RHS Volleyball program. Personal conduct includes, but is not limited to: negative interactions with RHS team members, hazing, abuse of equipment, dishonesty, and inappropriate use of social media.
- 11. You must have appropriate volleyball equipment. Appropriate volleyball equipment is defined as a t-shirt with sleeves and is long enough to tuck in and athletic shorts.
- 12. The coaches spend many hours discerning team placement for each player. We feel that through experience, we have become particularly knowledgeable and have spent quite some time evaluating your daughter's skills and how they best fit the needs of the program. Any movement between teams will be made solely at the discretion of the coaching staff.

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Signature Page

Please sign and return this page to your team coach. By doing so, you are letting us know that you have read the information in the Volleyball Policy Handbook and are aware of our policies. This is necessary for you to begin practice with your team.

Printed Player Name

Player Signature

Date

Parent Signature

Date