



Faribault Falcon Volleyball 2025 Handbook

www.faribaultfalconvolleyball.com

Follow us on Instagram @Faribaultvolleyball

TeamReach code: Faribaultvolleyball



Resilience

Integrity

Strength

Empower

Unwavering

Passionate



Varsity Head Coach: Katie Ruisi

Varsity Assistant Coach: Tara Melchert

JV Coach: Jason Langevin

B-Squad Coach: Abby Bloomquist

9th Grade Coaches: Ryan Lueken & Andy Herda

Coaching Philosophy

Mission:

The Faribault High School volleyball staff will: respect each student-athlete as a player and as a person, provide players with the instruction and guidance necessary to develop a well-balanced lifestyle, provide a competitive atmosphere based on trust, teamwork, discipline, and sportsmanship, and push student-athletes to succeed at their highest level on and off the court.

Priorities:

1. Development/Improvement – coaches will work with players to develop and improve individually and as a team.
2. Support - coaches will work with players to create a positive environment that promotes whole team mentality, individual confidence and encouraging communication
3. Have fun – We want our players to understand working hard and being successful can be fun!
4. Winning – winning isn't our top priority, but it is something we will continue to strive for as a sports program.

Core Beliefs:

We are here for more than just playing volleyball. We are here to become better people. We will use the time around volleyball to help instill values and character that will prepare student-athletes for their future. Volleyball is a space where players will be seen, feel safe and supported, and have fun. It will be a place to be a part of a program, where they can get better at the game of volleyball and incorporate skills they will use in daily life.

Sports provide an opportunity to build character, a firm foundation of kindness, compassion, empathy, hard work, and respect. As coaches we will be an example of how to do this by modeling appropriate behavior on and off the court.

We will hold the girls to the standard of respect, determination and commitment. Meaning that they treat others with kindness, they are good teammates, they make good moral choices on and off the court.

We will be promoting positive communication on and off the court. How we talk to one another is very important. The tone is crucial. The information being given may be valid, but if the wrong tone is used it becomes a negative interaction. The same information delivered with the proper tone can be helpful, supportive and encouraging. We as coaches will be correcting and guiding to help our players succeed in a respectful manner.

Family, academics, and faith are important parts of all of our lives. With that being said, your child has also made a commitment to play volleyball and be part of a team and a program. This commitment is very important to the success of said team and program.

Student-athletes are not only representing themselves but are also representing their team, program, school and community. A student-athlete is expected to treat everyone with respect and abide by school and team guidelines. We are a first class program and we will be first class athletes on and off the court.

Each student-athlete will have a role and will be responsible for their role. Roles can be an active player, substitute player, practice player or team manager. Even the most talented team will only succeed if they are united in one purpose and working together towards their goal in a cohesive manner, no matter what an individual role may be.

Great parental support makes a world of difference in the volleyball experience for both the players and the coaches. Parents play a vital role in the development and well-being of the student-athletes. Parents and guardians are encouraged to be actively involved in the program in any positive manner. At the end of the day the best thing you can do as a parent/guardian is let your child know you recognize their hard work and love to watch them participate in this activity. Should you feel your child is struggling, please encourage them to set a time to speak with their coach. Our doors are always open.

Each team will put together their own team goals that are specific and measurable!

100% Positive Attitude and Effort will be expected on and off the court.

Volleyball Specific

We play a game of mistakes. In fact, every single point ends on one. We're going to make them. It's how we choose to respond when they do happen that separates good from great.

Knowing the game and situations helps to eliminate the mental errors. Study the game and the errors will take care of themselves. Force the other team to make more mistakes.

Serving, Serve - receive and defense win games. Serving is the start of our defense. We will be aggressive in our service game, but not allow it to overshadow smartness and timeliness. Any team can be an offensive threat, but true championship teams have excellent serving, serve/receive, ball control and a relentless pursuit of every ball.

Cut Policy

(Taken from the board adopted Athletic Handbook)

The philosophy of the Faribault Activities Department is to provide opportunities for all students interested in the various programs of the Activities Department. It is the vision of the department that opportunities will be provided so all interested participants can be members of the teams sponsored by District 656. There will be no cutting of squads at the Middle School level. In the event that squad limits must be enforced at the high school level, the following guidelines will be in effect:

1. Several factors might determine the need for cutting at this level:
 - a) Facilities
 - b) Skill level of the participant
 - c) The inability of the district to provide adequate coaching and supervision.
Budget restrictions could become a factor.
2. All cuts which are deemed necessary after careful discussions will be handled in the following manner:
 - a) Coaches will talk to each participant on an individual basis regarding the reason for this action.
 - b) Coaches will discuss alternative possibilities for participation in the program or other areas in the activity program.
 - c) If cuts have been determined necessary, all squads will be informed of this situation on the first day of practice. Reasons for this decision should be clarified at this time.

Lettering Guidelines

You must be at all organized practices unless other arrangements have been made with the coach.

You must be at all games unless conflicts arise that are discussed with the coach PRIOR to the game.

You must follow the MSHSL eligibility rules.

You must appear in at least one-half of all regular season Varsity matches.

The student-athlete must complete the season as a member of the team.

**The coach reserves the right to letter a player that does not meet the above requirements, if the player otherwise deserves.

Playing time

Volleyball at the high school level is competitive. Playing time at all levels is not guaranteed. Coaches at the developmental levels (Junior Varsity, B Squad, and 9th grade) realize the importance of playing time in the development of each student-athlete, but also must balance the need for playing time with the competitive environment of the team. However, it is the responsibility of the Head Coach to identify each athlete's role and communicate that role with each individual athlete. The athlete should then be presented with the opportunity to fulfill that role under the assumption that attendance, academics, effort, coach-ability and commitment have been positively exerted consistently through practices.

Varsity Match attendance for Junior Varsity, B Squad and 9th Grade teams

All J.V., B Squad and 9th Grade team members **MUST** stay throughout the remainder of the Varsity match during both home and away matches. J.V. and B Squad student-athletes may have responsibilities during the Varsity match and will be able to find studying time before, during and after the match. Teams are expected to sit together and watch Varsity. Teams may sit in the student section, but must do so as one. Appropriate attire and behavior are expected of all student-athletes during this time. In emergency situations, a student-athlete must sign a release waiver with her coach before leaving with a parent/guardian.

Away Matches/Tournaments

When traveling, the 9th, B Squad, and JV teams will be dressed and waiting to board the bus 10 minutes prior to the designated departure time. The varsity may change at the opponents' school, but must be waiting to board the bus 10 minutes prior to departure time. 9th, B Squad and JV players may change at the opponents' schools after their matches, but must maintain appropriate attire.

Riding the Bus

Players will be required to ride the team bus to away matches and tournaments. Riding the bus together is part of being a team. We will learn to support each other no matter the result of the match. In order to **NOT** ride the bus home, the following guidelines are in place. This is in case of an emergency or if a special situation arises. This is **NOT** just because a player doesn't feel like riding the bus home.

- 1) A student transportation release form signed by their own parent/guardian stating that their child will be riding with them. Players may only go home with their parent or guardian. They may not go with a sibling, friend or parent of a friend.
- 2) If a player is participating in another school-sponsored event the same day, then a note signed from her parent/guardian must be presented to leave for the school event.
- 3) The notes should be given to their coach before the day of the event if at all possible. Usually knowledge about the conflicts do not occur as the same day of the conflict.
- 4) Parents picking up players should be waiting for the bus when we arrive back at the school after the match. The coaching staff will never leave a player unattended at school. We will wait until she has a ride home. Please show consideration for the coach in being on time. No matter how late we arrive home from a match, players will be in school on time for the next day of class.

<https://faribaultathletics.com/registration/>

Cellular Phone/IPAD Usage

Players may possess and use cellular phones/IPADS for music, homework and contacting parents about a location or time change for an event. They may also be used to call home for rides prior to arriving back at the high school. This is to assure that there will be somebody at school when we arrive to pick up your daughter.

However, phones/IPADS causing an interruption of team activities (practices, team dinners, etc.) or being used at inappropriate times will result in consequences for the player. The consequences may include, but are not limited to, the cell phone/IPAD being confiscated by the coach – to be returned to the parent/guardian, playing time reduction, etc.

Cell phones may not be used for social media sites unless prior approval from the coach is given.

Cell phones/IPADS CANNOT be used in the locker rooms. There is zero-tolerance for this violation.

Attire

Practices:

Players will be given one practice shirt at the start of tryouts. If they desire more shirts, they may purchase an additional shirt. Players must wear a faribault volleyball tshirt to practice each day. If they forget a practice shirt, ask a friend. If a student forgets the appropriate practice attire, please have them contact their coach, we have minimal extra available. Appropriate spandex and knee pads must also be worn. MSHSL rules state that stud earrings may be worn during the play of volleyball. Therefore, they may also be worn during practice.

Matches:

Before and after matches, student-athletes are expected to dress up in appropriate attire. Team chosen game day apparel must be worn; clothing that is deemed immodest or inappropriate in any way may not be worn.

Attendance Policy

School Policy:

Attendance will be checked daily and when an athlete has time during the day that is unaccounted for (unexcused) they can not practice or play on that day.

Practice:

Practice is where improvement occurs and where the coaches can help players reach their goals. Attendance at practice and matches as well as other volleyball events is mandatory. Remember other girls may have been cut for you to have your position on the team.

Student-athletes are to be on time to practices and matches. Being on time means being ready to play. Student athletes are expected to be dressed, have training needs addressed, and have the nets set up before practice is scheduled to begin. Student-athletes should be accountable, be responsible, and be on time!

If a student-athlete misses a practice before the night of a match, she will not be allowed to play in that match. However, in certain situations and under special circumstances, the coach has the discretion to allow the student-athlete to play in the match and/or even start.

If a student is missing practice the day before a match because of an illness, they will be allowed to play in the match if they provide a doctor's note for their illness. If they are missing the day before a match for an illness without a doctor's note they will at least sit out 1 game of the match, but may sit out the entire match if the coach deems they missed too much valuable information at the practice.

If a student-athlete misses two practices, team activities, or events due to unexcused absences (i.e. work, vacation, birthdays, etc.), she will be dismissed from the team.

If a student must miss a practice, please notify your coach directly or the Head Coach of your absence as soon as possible. Coaches spend time planning practices and are counting on everyone to be there. When athletes are missing this could change the structure of the practice and what the team will work on.

Playing time will be determined on a circumstantial basis when an excused absence (i.e. illness, family emergency, etc.) occurs. Coaches will determine if absences are excused or unexcused. All absences must be explained to coaches ahead of time if at all possible.

An example of an excused absence is: a family emergency, an injury related doctor's appointment, a specialty doctor's appointment, funeral or wedding.

As a coach I support multi-sport athletes and encourage other high school sports. With that being said I will always support the in season sport to come first. Missing practice for another sport will result in unexcused absences. If you are playing another sport during the volleyball season I would ask that you be smart and mindful of your body's limitations, knowing when you need to rest. Varsity athletes may not participate in another sporting activity before big conference games or during playoffs. Be smart and open with your coaches as we are willing to work with you, but at the same time you must respect all other players on your team and honor your commitment.

Injury/Illness

Illnesses and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or match. Eye doctor, dentists, orthodontics, and other doctor appointments are not. There are days throughout the season when these can be taken care of, please plan accordingly. If your daughter has a specialty appointment that can not be rescheduled, please talk to a coach.

If during the school day an athlete leaves school because of illness, please:

- 1) Call/text your team coach
- 2) Send an email to your coach or
- 3) Call/text the head coach.

*Coaches spend a lot of time planning practices and are under the assumption everyone will be present. Give them a timely "heads up" so that they can alter their plans if need be because of your absence. Ideally, before noon would be best.

If a student-athlete has an injury that requires medical attention, she will need a doctor's release to resume practice or play. A physician's note must be turned into our athletic trainer in order for your daughter to resume practice or play of any degree or level.

Team culture during practice:

1. Make getting better individually and as a team your #1 priority.
2. Be on time! Get in the gym right after school, change quickly and help set up.
3. Only "Volleyball" talk inside the gymnasium, even during breaks.
4. Dress appropriately. Practice t-shirt, spandex, kneepads.
5. No jewelry. (Hint-wait until after season to get your ears pierced as you will be required to take your earrings out during practice. No tape!)
6. No gum.
7. Hair is pulled back and out of your face.
8. Water bottles are required and should be filled before practices and games. Store them away from the courts.
9. Training room needs are met before practice (Trainer is available only on Wednesdays).
10. Water breaks are quick...it is not social time.
11. Be energetic. Celebrating is not illegal.
12. Effort. All the time. Without question.
13. Have fun!
14. Be Respectful, committed and determined

Academics

All student-athletes must attain an acceptable GPA during the season. While it is important to participate in athletics, it should not be at the cost of academics. High school policy states...

There will be a few changes this year in our grading and attendance policy. We will be checking grades every three weeks throughout the entire school year. If your student athlete is failing a class at the end of a 3 week grading period, they will be ineligible for the next week's competitions, but can practice and travel. If they get caught up and their grades are posted at the end of that week, they will be eligible to compete. If their work is not completed by the end of that week, they will be out of competitions until the next 3 week grading period. If at any time a student is ineligible for 3 consecutive grading periods they will be removed from the team.

FOA classes will follow the same grading schedule as in- school classes. Coursework must be completed as follows:

Week	Percent Completed
3	12
6	24
9	36
12	48
15	60
18	Pass

Credits:

Number of credits needed to be eligible for the next year

Grade in School	Credits end of Year
Freshman	5
Sophomore	10
Junior	16

Student-Athlete/Parent/Coach conflicts

Student-athletes, parents and coaches are strongly encouraged to maintain open lines of communication. We are all in this together. A procedure and guidelines have been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians, coaching staff and students for the resolution of concerns related to the athletic program.

Step 1: If, at any time, there are any questions or concerns by either student-athlete or parent, they must first be brought to the coaching staff by the student-athlete. The student-athlete and parent can then set up an appointment to meet with the team coach with the intent to solve the problem. The head coach may be present at this meeting.

Step 2: If concerns cannot be resolved by a conference with the coach, the student-athlete and parent may request a meeting with the team coach and the head coach with the intent to solve the problem.

Step 3: If the concerns can still not be resolved by a conference with team coach and head coach, the student-athlete and parent may request a meeting with the Athletic Director.

Step 4: If the concerns cannot be resolved in Step 3, the student-athlete and parent may request a hearing with the Athletic Director and building principal.

The following guidelines will always be followed:

- 1) 24 Hour Rule: Any concerns must wait until the next day, and never addressed the night of a match. Everyone's emotions (players, parents, coaches) are elevated after competition. It is best to wait 24 hours before discussion.
- 2) Meetings regarding concerns will always be in person, not over the phone or via email/text.
- 3) The discussion will address the concern/conflict with only the student-athlete involved, not other student-athletes.

Sportsmanship

As we are not only representing ourselves, but we are also representing our team, program, school, and community, student-athletes are expected to hold a high level of sportsmanship. The following is a code of conduct listed by the MSHSL.

Student-athletes will:

- 1) Show respect at all times for opponents, coaches, and officials.

- 2) Accept the decisions of contest officials.
- 3) Avoid offensive gestures or language.
- 4) Display modesty in victory and graciousness in defeat.
- 5) Follow the rules of the game.
- 6) Show respect for public property and equipment.

Chemical Use (Including Alcohol and tobacco):

Faribault High School Activities Code of Conduct Policy

Participation in the MSHSL and Faribault Activities programs is a privilege, not a right. Along with the privilege of participating in the programs, comes the responsibility to abide by behavior expectations, and to conduct oneself appropriately as a representative of yourself and your activity. As a member of Faribault High School and the Faribault community, you are expected to abide by all school rules, MSHSL rules, and local and state laws. More specifically, you are to:

1. Respect the rights and beliefs of others and treat others with courtesy and consideration.
2. Be fully responsible for your own actions and the consequences of those actions.
3. Respect the property of others.
4. Respect and obey the rules of your school and the laws of your community, state, and country.
5. Show respect to those who are responsible for enforcing the rules of your school and the laws of your community, state, and country.

Examples of Violations of this Code include, but are not limited to: violations of the FHS student discipline policy that results in a school suspension, insubordination, theft, cheating, unsportsmanlike conduct, or serious or repeated offenses, hosting a gathering where illegal, mood-altering chemicals are present or being used, or Racial/Sexual Harassment and Hazing violations not covered under MSHSL rules.

Consequences: Consequences for violations of this Code include, but are not limited to the following or a combination of the following:

1. Conference with coach and/or Activities Director, Principal, or Asst. Principal, and parents.
2. Suspension from a sport or activity for one or more games/events/performances.
3. Suspension from a sport or activity for one or more calendar weeks.
4. Permanent suspension from a sport or activity.
5. Coaches, with prior approval of the Activities Director, may establish discipline/behavior expectations which may be more stringent. These must be on file in the Activities Office and they must be shared with athletes and parents before the season begins.
6. The level of consequences will be determined by the seriousness of the offense and the offender's past record.

Mood-Altering Chemicals

Athletics/Activities Chemical Policy

1. Definition

1. During the calendar year, regardless of the quantity, a student shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco; or (3) use or consume, have in possession, buy, sell, or give away another controlled substance or its associated paraphernalia. Please see MSHSL Handbook and FPS policies for further information.
2. Chemicals include, but are not limited to: alcohol, tobacco, nicotine, e-cigarettes and vapor, narcotics, prescription pill abuse among others

2. Violation Penalties:

1. 1st Violation - Ineligible for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, in which the student is a participant.
2. 2nd Violation - Ineligible for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
3. 3rd Violation - Ineligible for the next twelve consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

3. Violation Penalties - Supplemental Information & Addendums

1. If a season concludes before the entire penalty is served, the remaining percentage of the penalty will be applied to the next sport or activity in which the student participates.
2. Chemical dependency treatment program exceptions are not applicable for 1st and 2nd violation penalties
3. Accumulative Penalties: Penalties shall be cumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.
4. Denial Disqualification: A student shall be disqualified from all interscholastic athletics for an additional nine (9) weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate, and then is subsequently found guilty of the violation. Participation is defined by participating in practices, games, scrimmages, etc.
5. Any team captain who violates a Minnesota State High School League rule concerning chemicals, harassment, or code of conduct, in or out of season, shall forfeit his/her captaincy for the year elected.
6. A student who is ineligible to participate in activities due to injury, school suspension, or academic suspension cannot receive credit for serving a violation during the period of ineligibility.
7. When determining the number of activities a student shall miss, only contests that are actually held shall be counted. Postponements or cancellations shall not be counted as time served. Number of activities will be determined based on season competition maximums
8. A student may not join an activity after the official start of that activity for the purpose of serving the penalty for a violation. Students also must complete the entire season in good standing as determined by administration and the coaching staff. Not completing the season in good standing will result in the entire ineligibility violation period being enforced in the next season of participation.
9. A student who completes a season in good standing is eligible for all team awards for that activity. Conference policies may limit eligibility for conference awards The season shall be considered concluded when the team or all individual participants have been eliminated from further competition or competed at the State Tournament.

Varsity Captainship Policy

Captains will be selected the first week of practice once team selection has occurred. Each senior and returning Varsity player may apply for captain. Players interested will receive a captains application with questions to answer. Once the application is filled out and questions answered, it will be turned into the Varsity coaches. From there, the coaches will read through the applications to decide which applicants will be presented to the volleyball program. In front of the entire volleyball program, each applicant will talk about what it means to them to be a captain on the Varsity team and leader of our program. Each player in the program will get one vote on who they feel would represent the volleyball program. Varsity players and all coaches will have two votes. Captains will be decided by most votes. One captain will be expected to attend the Faribault Volleyball Association meeting held quarterly as a representative for the volleyball program and act as a voice for the athletes in the program.

Team Managers

We are always looking for good, reliable team managers. Team managers may be players who did not make team cuts or any student with a high interest in the game of volleyball. Team managers need to be willing to work hard and have a desire to be a part of our program. They can be male or female.

College Eligibility/Clearinghouse Information

If you are an athlete and you believe that you will have the opportunity, and have the talent, to participate in a NCAA Division I, II or III sport, then you will need to have your transcript and ACT or SAT scores evaluated by the NCAA Clearinghouse. You will need to set up an appointment with your school counselor to discuss all that you need to do in order to be eligible to play at that level. More information is available on the NCAA Clearinghouse website.

Volleyball Program Website

The Faribault Falcon Volleyball website is the number one place to check out any news and events that are going on. It is located at <http://www.faribaultfalconvolleyball.com>. Keep up-to-date with all the news, schedules, events, summer camps and Junior Olympic Volleyball programs that have to do with Faribault Volleyball.

Volleyball Instagram @Faribaultvolleyball for news and announcements.

Off Season Activities

At the conclusion of the volleyball season, many players will be playing Junior Olympic volleyball. Many of those players will practice two or three nights per week from the months of January through June. We encourage all players to get involved in JO volleyball at some level, 4th grade through 12th grade. Information on the Club Falcons program and other club programs will be made available on the Faribault Falcon Volleyball website.

The coaching staff will be conducting camps and skill sessions for all players during the summer. We encourage all players to attend the Faribault Falcon Volleyball camp and other camps/clinics/lessons offered locally and in the surrounding areas.

In addition to volleyball camps, players interested in playing high school volleyball are encouraged to participate in the summer strength and conditioning program offered at FHS. With our brand new facility, the chance to grow stronger, faster and healthier is here!

Fundraising

The Faribault High School volleyball program will be holding a couple of fundraisers this fall. For our first fundraiser, Varsity players will be selling team posters to local families and businesses. Program-wide, we will be selling coupon cards for various local businesses. Kickoff and BLITZ dates are listed on the master schedule. There will also be a mini fundraising opportunity through our Star Sports and Apparel store.

Volunteering

There will be many opportunities for all parents and fans to be involved each season. Each of these roles is vital to the development of a tradition of excellence. No one wants to be the only volunteer for a certain responsibility. This is one of the ways to be a part of the successful program. If you are interested in participating, please sign up at our program potluck night or simply send Coach Katie Ruisi or our AD Shane Gunderson an email indicating what you would be willing to help with. Line judging and keeping scorebook are paid positions. However, if you so choose, you can state that instead of getting paid, you would rather that money go back to the program.

****We are always in need of parents to take an active role in our association through various committee work and/or by being on the Board.**

Volunteer roles include, but are not limited to:

- Fundraiser assistance (i.e. help with BLITZ day!)
- Line judging or keeping Scorebook for B/JV/Varsity matches
- Hosting Team Dinners (Contact team coach/captain)

- Assisting with final banquet
- Hosting potlucks for the program

Each player and parent is expected to review and understand the contents of the Faribault Falcon Volleyball Handbook. If there are any questions, please contact Coach Ruisi and/or your daughter's individual coach. Thank you for taking the time to support your daughter and this program!

Sign and return

-

I _____, parent of _____
have read the Faribault Falcon Volleyball Handbook. Any questions I may have will be directed to Coach Ruisi or my daughter's individual coach.

(Players name and Team)

(Athletes Signature)

(Parent/Guardian Signature)

Date