



2023
Player
Handbook

Mission Statement

The Shakopee Volleyball Program exists to promote competitive high school volleyball opportunities for girls attending Shakopee schools. While participating at a high level on the court, we strive to have fun and work hard together to perform our best. We hope to grow as student-athletes, coaches and supporters on and off the court learning life-long skills, and creating fond memories. By demonstrating our love for the game, we will show good sportspersonship and make our school and community proud.

SABERS VOLLEYBALL 2023

COACHING PHILOSOPHIES

- 1. The effort that one puts into the sport of volleyball will determine the outcome.** Our coaching staff is very capable of creating a successful volleyball team. This will be accomplished if all members are willing to challenge themselves to step up to the next level, not only as a player, but as a team. This means listening to the coach and making the necessary changes to better herself and the team, and not considering feedback to be personal criticism.
- 2. No team will win a championship with a star player and no supporting cast.** In volleyball the whole team needs to work perfectly together in order to achieve success. An outstanding hitter means nothing if a team cannot pass the ball consistently to the setter. An all-conference setter is not possible unless she has good passers and consistent hitters to put the ball down. We will work hour after hour on the basics of the sport so that we can first achieve a consistent level of play.
- 3. In order to be the best team that we can be, the coaches and players cannot settle for anything less than 100% effort.** Coaches need to plan practices so that this can be obtained, and players will be expected to show up at practices and games ready to go all out for

the period of time allotted. Players that are not willing to commit themselves to this kind of work ethic will see the results in their playing time. Remember, we are a team, and we will win and lose as a team. Those who choose to give anything less than 100% will be hurting the team.

4. Volleyball is a sport that can only be mastered by repetition after repetition. Our season is short and our practice time is limited. When the athletes step onto the floor they will be performing volleyball-related skills, drills and conditioning only. The player's time will not be wasted by meaningless running and conditioning. It is up to the coach to design a practice in which conditioning is built into the drills in a realistic volleyball situation. If a coach cannot explain how a drill or conditioning piece contributes to a game-like situation, then an alternative activity should take place.

5. We believe that doing as well as we possibly can is important. This means we want to perform well at all times. This means we want to perform better than our opponents do. I think you get the idea...we are going to win as many games as we possibly can. To accomplish this, we must utilize our best players and our best strategy most of the time. ***This means that there will not be equal playing time***, and players will not all experience the same amount of contacts within a game.

6. Although we believe that winning is important, especially at the varsity level – it is not everything. Above all else, we hope to create a love for the game, the people around you, the competition that is created, the winning and losing that takes place, and the improvement that will come from hard work and dedication. By being part of a team, we learn the importance of community, communication, self discipline, respect, maturity and work ethic. By practicing success as an individual and team, we are learning success in the real world.

7. We believe that volleyball should be FUN! We believe that the sport of volleyball should be an enjoyable spectator sport, which is a “looked forward to” activity by many people in the fall. Volleyball matches should be an enjoyable experience for the players, coaches, student-body, parents, community and everyone else involved. It is good entertainment and should always be kept in its proper perspective. LET'S KEEP IT FUN FOR PLAYERS AND FANS ALIKE!!

Saber Volleyball 2023

Team Selection Policy- est. 2005

Being that volleyball is a team sport with a restricted amount of players able to compete at one time, we will continue the following team selection policy this season and beyond.

Shakopee Volleyball Team Selection Philosophy Statement:

In order to strive for excellence, it is the goal of Shakopee Volleyball to put the best team on the court at all levels. All players will tryout for their respective levels, and a preset amount of players will be invited to participate on that team.

Tryouts:

All girls will have the opportunity to tryout for their respective grade level team. Tryouts are mandatory to make a team. If a player isn't there to be compared against other girls, it isn't fair to place her on a team ahead of others. Tryouts will last between 1-4 days based on the team, age of girl, amount of girls, and the given situation for that year. Coaches will be given the flexibility to continue team selection as long as they need to confidently select their team. At the end of day 1, coaches have the option to tell younger girls trying out for an older team that they have not made a team at that level (this gives those girls the opportunity to tryout for their age-level team). By day 3, coaches have the option to make cuts for girls trying out for a team at their own grade level. By the end of day 4, coaches will formally end their team selection process with any remaining cuts necessary at that time.

The girls will be rated (in comparison to other players) on the following physical volleyball skills:

Ball control, passing, setting, hitting, serving, blocking, defense and court transitions

The girls will be rated (in comparison to other players) on the following non-physical volleyball skills:

Communication, attitude, work ethic, direction following, conditioning, court awareness, teamwork, and athleticism

Results of the tryouts will be discussed, in person, with the players. As the week goes on, by request, coaches may update the players as to where they are seeing them in relation to others regarding impending cuts.

Decisions regarding team selection are collectively in the hands of the coaches running tryouts. Once the process is completed, decisions are final and no appeals process will be considered.

If a player does not make a team, coaches can give suggestions on how to improve and off-season options to help them be ready for tryouts in the future. Our teams will also be looking for managers and statisticians as well. Unless they plan to tryout for another sport, students will need to go to the athletic department for a refund of fees.

Team size and playing philosophy:

The combined Junior Varsity and Varsity teams will have a *maximum* of 24 players. These teams will consist of the top 20-24 players in the program, regardless of age, and based on position. Playing time on both the JV and Varsity teams will not be equal. Movement between these two teams may take place at any point during the season. Any seniors that do not make the varsity team will be cut unless their position is not filled on the JV team. Juniors must make either the JV or Varsity team, unless their position is not filled on the 10A Team.

The 10A Team team will consist of a maximum of 12 of the next best sophomore players in the program based on their position. Playing time on the 10A team will not be equal. In case of inadequate numbers or lack of players at a position, 9th graders may play on the 10A team.

The 9th grade program has an A and B team. A combined maximum of 24 ninth graders will make up these teams. Positions will likely be a factor in team selection. Players may change teams at any point during the season. Playing time will not be equal. In case of inadequate numbers, 7-8th graders may be invited to participate at this level.

Saber Volleyball 2023

I. Eligibility

A. Academics. School comes first! All students must maintain their grades in school. The minimum academic standards for student/athletes attending Shakopee High School are as follows:

1. Cumulative G.P.A. of at least 1.7 out of 4.0
2. Minimum accumulated credit requirements by grade at the beginning of the year:
 - a. Tenth Grade – 10 credits
 - b. Eleventh Grade – 20 credits
 - c. Twelfth Grade – 34 credits

B. MSHSL and school rules. Everyone must abide by the policies set forth by Shakopee Senior High School Activities Handbook and the MN State High School League Rules Manual.

C. Paperwork. All of the following paperwork must be completed and turned into the Senior High Office BEFORE they can begin practice or compete in an activity. This paperwork (#'s 1-5) must be completed ONLINE only.

1. Physical Exam / form
2. Permission, Acknowledgement and Insurance Waiver Form
3. MSHSL Athletic Eligibility Statement
4. MSHSL Annual Health Questionnaire Form
5. Emergency Medical Info form
6. Volleyball contract (handed out here)
7. If a 7th or 8th grader makes a high school team, there is a special form that needs to be completed and on record with the High School (this will be given to players if they make one of those teams).

II. Practice Information

****see website for location and times of practices***

****team selection will be made by the end of the first week (exceptions will be made)***

A. Championship Behaviors:

1. If you are on time, you are late.
2. Great effort on every play is not a decision.
3. We will maintain eye contact on interactions with teammates and coaches.
4. We will maintain the sacredness of the team.

5. On off-court decisions we will ask ourselves, "Does this decision put our team in a better position to reach our goals?"
6. We will communicate with teammates with a purposeful voice.
7. When we are on the bench, we will watch the situations that may impact later in the match.
8. We will enthusiastically support teammates when they enter and leave competition.

III.. Attendance

A. Practice. Practice is your tryout for playing time. The more you miss the less chance you have to beat out other players. Practice is required. Any excuse for missing must be approved prior to the absence as far in advance as possible. Being late for practice is not excusable and will hurt our TEAM.

B. School Policy

1. Student activity participation on the day of an absence is governed by the following rules:
 - a. Students may participate when they have used a Parent Option Absence (POA).
 - b. Students may participate with an excused absence, except those students who are ill and do not arrive before the start of the third period. Play it smart... don't rush the healing of an illness. More times than not, they get worse when pushed too soon.
 - c. Students may not participate if they have an unexcused absence during the day.
 - d. Students may not participate on the days they are suspended
2. Activity Participation and Appointments. Parents should attempt to schedule doctor and dentist appointments after practice or during study halls. Although these are excused, practice time missed is still critical and may effect playing time.

C. Team Policy

1. Unexcused Absences. These are not tolerable. If you are unexcused for any practice or match, you will not play in the next competition. This will, in turn, hurt your chances to remain at the level you are playing. By missing you are giving another athlete the chance to prove herself to being more committed than you. After 3 unexcused absences you will be dismissed from the team.
2. Excused Absences
 - a. If you know you will be absent, let us know in advance.
 - b. If you are absent you must call and let your coach know in advance of your absence. If you are excused on the school absent list, a note is not necessary.

- c. Anyone who has an **unexcused absence may not start the next match depending** on the content of the practice missed.
- d. You will not practice or play in a match if you were absent from school on that day. Excused absences for a partial day will be handled in a case-by-case basis.
- e. Multiple excused absences will lead to reduced playing time and possible dismissal from the team.
- f. Sleeping in after a game night or on a game day is not excusable, and will result in the missing of the next match. You are student/athletes, not just athletes.

IV. Other Rules

A. **Player to Player Conflicts.** These situations need to be dealt with immediately for the sake of the team. Don't allow conflicts to ruin the togetherness of a team. All conflicts need to be addressed either to the whole team and dealt with in an adult-like fashion, or by talking with a coach first and having them make the first move. We will not be successful if we can't get along.

B. **Player to Coach Conflicts.** The coaches and players need to be on a level of understanding and communication in order to reach success. If there is a break in this communication, the team will be affected. Find an appropriate time (A.S.A.P.) to meet with the coach and work through the problem. If this can be done over the phone, fine, if not you will need to ask the coach when a good time will be to meet. As the only male on the coaching staff, I will not meet with players by myself. I will ask that another female coach be part of the meeting. **All player/coach conflicts need to be dealt in that fashion. We don't want a parent calling us to deal with a situation without having heard from the player first. If put in the position the coach will ask to talk to the player first, and afterward will be happy to speak to the parents.**

C. **Parent to Coach Conflicts.** As adults, we will expect to deal with any conflict in that matter. Never should a confrontation occur in front of the athletes. Conflicts will be best resolved if handled in a professional manner. Phone calls or public confrontations with irate parents will more than likely cause bigger problems than necessary. Please remember that as coaches, our job is to improve your daughters and the TEAM they are on. We are coaching because we love the sport of volleyball and we want to see it improved. Please don't dampen our intentions. If a meeting needs to be set up, we will do our best to accommodate you. Coaches will be asked to find another coach, or even the A.D. to attend the meeting as well.

D. **Alcohol/Drug/tobacco use.** The worst thing the athletes could do to themselves and the team is to use alcohol, tobacco or drugs. Coaches will have absolutely NO tolerance with this issue. If caught using, the coaches will follow the school and MSHSL guidelines to deal with the situation. **However, keep in mind the importance of team in this sport. Chances are, if you miss an activity due to usage, you may never receive another chance play at the level you were**

previously at. **THINK ABOUT THE LACK OF TRUST THAT WILL BE LOST BY YOUR TEAMMATES AND COACHES, AND HOW THAT WOULD AFFECT THE SENSE OF TEAM.** Be smart ladies. Even if you have no intent of drinking or using, stay away from situations where it is taking place, because if caught, you will still serve the punishment.

V. Athlete Responsibilities - depending upon the team in which the athlete is selected for, she will be required to do a couple of things to make the program run smoothly.

A. All Squads Members of each of the teams will be expected to be present and rooting for the other teams when they are playing. Thus, the varsity will be present for the 10A and JV matches and the 10A and JV will be present for the varsity matches. This is done to encourage team unity, so there should be no studying during this time. Each team not playing will be shagging balls for the active team(s) during warm-ups. You will be asked to sit either behind the bench or in front on the opposite side of the Shakopee team and to be an active participant. If we are short parent volunteers to run the match, players may need to do keep score, do the book, or line judge during matches they are not playing in.

B. 9th Grade Teams: For home matches, our 9th graders will be asked to work the courts for our 10A/JV matches. They will also be asked to be ball rollers for varsity matches.

C. 10A team: Each member of this team will be required to assist in court transition for the varsity home games. Some may be asked to keep stats and record games for the varsity match.

D. JV Each member of this squad will be required to help change over the gym between the JV and varsity matches. Some may be asked to take stats and assist with the score board.

E. Varsity Each member of the varsity team will be required to assist with the 10A/JV warm-ups. Players are to sit in the stands and root for the B and JV teams.

VI. Travel

A. School Image. Be courteous and friendly while interacting with others from another school. Remember that you are representing Shakopee High School, so leave a good impression. This includes on and off court. Keep the bus and other schools' locker rooms clean. Any athlete caught stealing from or vandalizing another school's property will be immediately cut from the team and the authorities will be notified.

B. Bus Trips. Bus trips can be a fun time to be with the other players and let loose. For this reason we will not ask for a completely quiet bus ride. We will ask that you talk quietly with the people that are near you, as opposed to those 5 rows in front of you. Once we get within 15 miles of the school it will become silent time. That means that you begin to mentally prepare for the match ahead of you. No music will be

allowed at this time. On the way home from a match please consider the outcomes of all the squads on the bus before expressing your excitement at too high of a level.

C. Leave Permission. Any student who wishes to return home with her parent/guardian must follow this procedure:

1. Parent/guardian must be present before we will allow the player to leave, along with a signed permission note.

D. Cell Phones may only be used for calling parents for a ride. Phones should be off unless being used for that reason.

VII. Appearance

A. Dress Code on Match Days. On days when a match is scheduled the players of each team will be expected to dress in a similar fashion during the school day. The importance of a dress code is to promote a sense of team and unity. Typically, the players will change into their match apparel prior to getting on the bus unless time does not allow after school.

B. **Uniform Information.** The school will provide you with a jersey for use during the season. You are responsible for maintaining your assigned uniform. For all, this will include a game jersey. Players will be responsible for purchasing their own spandex. The spandex style and brand will be provided and a team order will be made. If a player doesn't get their order in time, they will be responsible for their own order. If the uniform is lost or returned to the school damaged, you will be required to pay for its replacement (roughly \$45). In order to make the uniforms last as long as possible, PLEASE WASH THEM IN COLD AND DO NOT PUT THEM IN THE DRYER. INSTEAD, HANG TO DRY. THEY ALSO MAY NOT BE IRONED.

VIII.. Requirements for Lettering

A. Participation in 4 or more Varsity matches

or

B. A player practices with and dresses for all varsity competitions.

or

C. Successful completion of one full year as a varsity manager with less than 3 unexcused absences.

IX. Captainship

A. Each season high school players will participate in electing team captains for the varsity team. The number of captains will be based on voting results. The typical number of captains has been between 1 and 3 over the years. Anyone is eligible to be captain.

B. Captains must be re-elected to continue captainship from one year to the next.

- C. The varsity captains will represent the entire program when called upon.
- D. JV, 10A and 9th grade teams may also have captains. Coaches have the flexibility to appoint these captains, or have them elected.
- E. Captainship is a PRIVILEGE, not a right. This means that captains need to be positive role models for their teams. They need to go above and beyond the call of duty from their peers. If they are not capable of serving this post respectfully, following all school and team rules, they will be removed from their captainship.

X. Game Night Participation Decisions will be made using the following criteria:

- 1- Injury/Eligibility
- 2- Practice Work Ethic - Achieving drill goals
- 3- Opponent – Strengths/Weaknesses against certain teams
- 4- Match Warm-UP

XI. Social Media

Student-athletes are encouraged to always exercise the utmost caution when participating in any form of social media or online communications. Student-athletes who participate in online interactions must remember that their posts reflect on the entire Shakopee School community and, as such, are subject to the same behavioral standards set forth in the Student Handbook.

Student-athletes are expected to abide by the following:

- Social media sites may not be used to publish disparaging or harassing remarks about community members, faculty, coaches, teammates, opponents, referees, athletic or academic contest rivals, etc.
- Assume anything you post on your personal account could be read by staff, opposing teams, coaches, alumni, or future employers.
- Be smart because it's your choice to participate and you are always held accountable when it comes to the rules and representing Shakopee Schools. **Be smart. DON'T DO IT.** Failure to abide these rules may result in disciplinary action.

Volleyball Player Contract

Name _____ Date _____

1. Practice, competition and being good take time. It is important for me to budget my time wisely. This means making every attempt to meet household requirements as well as school assignments. A conscientious competitor is also a conscientious student – A Shakopee Volleyball Player!
2. I realize that what I do outside the area of sport competition affects my practice and play. Because of that, I will choose to discipline my body to meet the demands placed upon my health. This includes a healthy diet, staying away from alcohol, drugs and tobacco, and getting enough sleep.
3. Because I am a dedicated person and athlete, I am proud to support my teammates in practice and competition. I realize that my team has the slight edge as long as we show our spirit and willingness to work together on and off the court.
4. Since the season is relatively short and our goals relatively high, I will look for ways to improve my skills --- with extra time and extra effort.
5. I realize that the coach is designing practices so that we might better meet our goals. I realize that suggestions and corrections made to me are not to be taken personally but should be accepted as a way in which our team and I might improve.
6. I understand that the concept of trust is an important one to the formation, maintenance and excellence of a team. I will support the concept with free speech rather than cheap talk.
7. I am fortunate to be one of the chosen few to represent Shakopee High School. I must show that I am deserving of this position by being a responsible person –
 - Responsible for my uniform and equipment
 - Responsible for my actions and impressions on and off the court
 - Responsible for promptness and alertness to practices and games
 - Responsible for meeting daily requirements and deadlines
 - Responsible to acting sensitive to managers and other players
 - Responsible for communicating with the coaches
 - Responsible for not expecting things to be done for me that I can do myself
 - Responsible for attending all practices and games
8. As your coach, I accept the responsibility to assist each player individually to develop into the best possible team member they can be. This includes your ability as a player as well as your personality.
9. I agree to all of the above statements, as well as the rules and regulations set forth by this handbook. Along with that, I agree to assist in doing all I can to make this season a successful one.

Player Signature

Parent/guardian Signature
