

# Frequently Asked Questions-NPHS Trojan Volleyball

\*updated September 26, 2020

## **When are the high school volleyball tryouts?**

The NPHS volleyball tryouts start Monday, September 28, 2020 at 3:00pm. Players that are “in school” should plan to assist with nets and report to the gym by 2:50pm each day. Players that have “at home virtual learning” should plan to report to the gym check in and be *ready to go* by 3:00pm and will take down nets after tryout sessions.

9th graders report to AUX gym and returning players should report to the MAIN gym.

**Can I tryout a different time?** No. Coaches understand that players may need some flexibility with the tryout schedule due to various reasons. This year we will host 3 days of tryouts with 6 sessions and teams posted on 9-30-2020. If for some reason a player can not attend a tryout date, please communicate that ASAP to Coach Andersen via email before September 28th.

**When does my daughter need to wear a mask?** Masks are to be worn at all times including when entering/ departing any building, going to the restroom during practice, visiting training room, going to locker room to change, on the bus, for team meetings, net set up/take down, sitting on the bench during a match, in the weight room, with the exception masks may be removed when breathing is inhibited. Masks may also only be removed once playing in a match or active practice has started. Clean masks should be worn daily and stored in a clean area (not on the floor). Players have the option of wearing masks at all times, if they desire.

## **How many teams compete at the high school level in New Prague?**

There are 5 teams: 9B, 9A, B-Squad, Junior Varsity and Varsity. Each team has a designated coach. Match schedules are posted on the Wright County website. Most Wright County HS Volleyball programs have only 3-4 levels. B-squad and 9B do not have many matches listed as of today. The NPHS Activities Department is still working on confirming some sort of match schedule for those levels. Note, C-squad = 9A.

## **How many players make each team?**

A policy about team numbers/placement was passed by the NP school board. Please read below:

The school board passed the following for the NPHS handbook:

District 721 intends to maintain a no-cutting policy at grades seven, and eight. In grades 9-12, the District will provide a set number of opportunities with a given number of coaches and will not add more teams, or coaches, when student participation is high. In effect, this could likely require coaches to cut hopeful participants from certain programs (volleyball; soccer; basketball (B & G); gymnastics; hockey (B & G); baseball; softball). Squad size is determined by several factors such as: the number of individuals who are allowed on the tournament team, the amount of time available for practice, limitations based on practice facilities, the size of the coaching staff, and the number of “starters” of a particular sport. There is a maximum number range that must be reached before any cutting is done. After a one week tryout period (or minimum 6 practices/3 days during two-a-day practices), the coaching staff shall determine team membership. Any individual(s) who are not selected for the team will be notified and given rationale (if requested) why they were not selected. Coaches will also inform those athletes of any other options that might exist in their sport outside of the high school setting. Any athlete not selected for a team will have their activity fee refunded. Coaches should not cut participants because of ability when this maximum range is not met.

Maximum Participant Range: (Coach & Activities Director Discretion)

Team	Participant Range
9A and 9B together	20-24
B-Squad	10-13
Varsity and JV together	20-22

### **Do players have to tryout or does everyone make a team?**

Players should make every effort to be at all tryout sessions. Tryouts go from Sept 28-Sept 30 (6 sessions). After 6 sessions, call backs/teams are communicated on the NPVB high school website by 7pm on Wednesday, September 30, 2020.

### **How are players evaluated?**

Players will be evaluated in a couple areas at tryouts:

1. physical skills (pass, set, attack, serve, fitness ect.)
2. non-physical skills (coach-ability, attitude, communication, volleyball IQ, teamwork, direction following)

### **How does high school volleyball work?**

After tryouts, and teams are announced, players will practice with their assigned teams for the duration of the season. The season starts immediately the next day following team announcements. Typically for all squads, practices will go from 3:00-5:00pm. Coaches will confirm practices times with players.

### **I need to ask a question about the volleyball program/team/schedule, ect- who should I ask?**

During tryouts (Monday-Wednesday) or before, all questions should be directed to Coach Angie Andersen. After teams are announced, direct your questions to your player's specific coach.

### **My daughter was not selected for a high school level team and she is in a grade 9-12?**

First, call backs/cuts are final - no exceptions will be made. Plan to pay this year's activities fee after teams are posted. If you have already paid, the **activity fee will be refunded**. "Any individual(s) who are not selected for the team will be notified and given rationale (if requested) why they were not selected. Coaches will also inform those athletes of any other options that might exist in their sport outside of the high school setting"(NPHS Policy). Contact the Activities Office for more details on activity refunds at 952-758-1226.

### **Who is eligible for what team?**

Players in grades 7-8 must make the 9A or higher team to be eligible to play at the NPHS level. Any 7-8th grade player that does not make the 9A team or higher can join the middle school volleyball program at her grade level. Players in 9th grade are eligible for 9B and above, players in 10th grade are eligible for B-squad and above. Players in 11th grade are eligible for teams JV and above and 12th graders are only eligible for Varsity unless a spot is open on JV.

### **My daughter experienced an injury this summer and is unable to tryout but is scheduled per a doctor's/trainer's note to heal in time to participate for the majority of the season if she makes a team, now what?**

Players are expected to register and come to all tryout sessions regardless of if she is injured to be considered for a team. She will be evaluated on her prior year's performance. Please contact a Coach Angie Andersen for more specific instructions and communicate the situation BEFORE tryouts.

### **My daughter made a team but....we have an annual vacation coming up soon- what should we do?**

Players really need to be at ALL practices/matches. Coaches trust that over the next week or so, players and families will need to reorganize their plans if players wish to be part of the NPHS program. Missing, leaving early or coming later may be the norm for the next 1.5 weeks while we all attempt to get organized. After that time, it is expected that players be at all practices and matches on time. Missing practices hold not only the player back, but the team as well. If you have any issues, please communicate this with your coach.

### **I don't believe that the team my daughter made is the correct one - in other words- I disagree with my daughter's placement. What should I do?**

Player's team placement is based on skill and the team's needs (not the players). Often position has a big part in team placement. It is expected that players and parents give the team the player has been assigned to a chance. Also, it is expected that all players and parents follow the NPHS line of communication. No phone calls/meetings regarding team placement will be taken until after the first match for that level. If after the first match there is still the need to communicate, please follow the activities department's policy in regards to communication.

**Do teams ever change?**

Yes. Teams have changed in the past throughout the season. Often players are moved during the season based on player development and the needs of each team.

**What if there is an early departure/release from school for a match and my daughter does not attend the NPHS?**

It is the responsibility of the players to organize. Coaches have been able to organize a "school" pick up for 7-8th grade players on early release match dates. In other words, after the high school players have boarded the bus at the High School, the bus will stop at the NPMS/SWS to pick up players on the way out. Please communicate with your player's coach for details on early release dates for away matches and how this will be organized.

**Schedules are currently posted with practices typically going after 5:00pm and my daughter is signed up to take the activities bus?**

Please note that most team practices typically are finished between 4:45-5:00pm, but we are currently waiting to schedule are lifting times for each team. Practices will be adjusted in the first few weeks of October as lifting times are confirmed for each team. All players regardless of which team they are assigned to WILL ALWAYS be EXCUSED from practice if they need to catch the Activities bus at a minimum of 10 minutes BEFORE bus departure.

**Do volleyball players lift weights?**

Yes they do! All teams will be lifting on a regular basis. These times will be built into their practice times and are are required for attendance.

**My daughter has braces and needs an appointment and I don't want her to miss school, what should we do?**

Schedule these appointment during home match days right after school. Make sure to communicate with your coach. Missing significant amounts of time due to appointments may affect your playtime. In other words, players that are at practice typically will gain more playtime simply because they improve and know what is going because they didn't miss practice.

**Is high school volleyball a big commitment?**

Yes it is. After tryouts, there are practices typically EVERYDAY. Sometimes there are Saturday practices for some levels. Please view the match schedule and know that schedules are posted - as we know it today- schedules are subject to change.

**My daughter has a job/another activity and she wants to still work/continue activity during the NPHS volleyball season?**

NPVB does not ban players from being part of any other activity during the volleyball season if it is not against MSHSL rules. However, by missing any practice/match will result in an impact of her playtime. Every person is different in regards to time management skills. Each player needs to plan accordingly to what they can handle.

**How do players get to and from matches? Can I take my daughter home from a match/tournament?**

Players ride the bus to and from matches/tournaments. Parents are allowed to take their daughters from matches/tournaments ONLY if they have a signed note from the Activities Office. DO NOT wait until the "day of" to organize this. Plan ahead. It is recommended that players ride the bus home after matches. Many times information about the next day's practice and match recap is gone over on the bus.

**Can the players eat on the bus?**

No. It is the policy of the NP School district not to eat on the bus. Players NEED to eat healthy food after school and before matches. Make sure to send a lunch/snacks that can eaten before or after players are on the bus. No pop, no coffee drinks, no caffeine enhanced drinks.

**Do you have a trainer at the NPHS?**

Yes! We are very lucky to have a certified trainer at the NPHS. Trainers are typically available before practice begins. If a player is injured in any way, make sure to see the trainer. The best time to see, Kim Penkert is

immediately after school before there is a line. Also, make sure to wear your mask to see her. In addition, all volleyball players are ImPact tested for a baseline for concussion testing typically every 2 years.

### **My daughter is injured during season- now what?**

First, we want to make sure that the player is well taken care of, so check in with our trainer and communicate the best course of action to be taken. Every player is expected to be at practice. If doctor appointments are needed, players should communicate with their coach about these appointments. Players will be kept busy with rehab or assisting in some way at practice even while injured. Team concepts will be gone over at practice - players are expected to listen and learn so they are prepared when they are cleared to play again. Under NO CIRCUMSTANCE is skipping practice acceptable while injured and will not be tolerated. Injured players should plan to communicate with their coaches prior to each practice. If a player sees a doctor about an injury and return to play note is required.

### **Rehab?**

It is the players responsibility of the player to work with our in house trainer and communicate with their volleyball coach. Players are NOT to be “hanging out near the training room or weight room” just because they are injured instead of coming to practice.

### **I brought my daughter to the emergency room/doctor because we believe she is injured or is very ill?**

Every player regardless of the injury/illness needs to bring a return to play note to the NPHS training room. This note can be as simple as a hand written note from the physician stating the EXACT terms of the players return to play. Players will sit until this note is received by NPHS trainer.

### **My daughter is ill, should she stay home?**

YES! If a player has a fever or is ill in any way - STAY HOME even if it results in missing a practice/match. Players must be fever free for 24 hours to attend school. We do NOT want other players getting sick. Staying home because of sickness does not impact playtime. **Players.... send an email to your coach BEFORE noon to let your coach know you will not be at practice.** Players/Parents please practice good COVID screening before attending school/practice/matches.

### **Do I need to buy a uniform or it is provided?**

Uniforms are provided for all players in grades 7-12. ALL level teams/players are expected to wear the uniform top that is provided. JV and V are expected to wear the uniform spandex that is provided. Teams, 9A/B and B-squad and can either provide their own spandex or take from the supply. All uniforms that are checked out will be recorded and all uniforms need to be returned at the end of the season. Replacement cost of uniforms can run upwards of \$100 plus. Please make sure to be responsible for uniforms that are checked out players. Uniforms should be washed after EACH wear in COLD water and LINE dried.

### **What kind of shoes, socks and knees pads should I buy?**

You should wear whatever you prefer since this is not part of the provided NPVB uniform. In the past, many players/teams have worn “black”.

### **Is there are practice uniform?**

A recommended (not required) practice uniform is suggested for all practices. This includes any years Trojan volleyball T-shirt and black spandex/shorts. Players that attended either a NP Summer Camp, players have the 2020 team shirt. Limited Ts will be available for purchase (\$10) at practice.

### **How do I order a NPVB warm-up or sweatshirt?**

BSN online order for gear was available this past summer and last week for new 2020 gear. Another gear order will most likely not happen in the future.

### **I placed an order for a sweatshirt and warm-up and now I have changed my mind?**

Once orders have been placed thru BSN, orders are final. Delivery/handout will be announced a later date. Expected turn around is about 3 weeks.

### **How is the section volleyball team selected?**

The section volleyball team is finalized sometime in November. This team is comprised typically of regular varsity players and potential players from JV. This team can carry up to 15 players. Coaching staff will choose this team based on the section TEAM needs. For example, many times this team is based on

position. Please double check the November and December schedules for potential section match and practice dates. All varsity section team members must attend all practices/matches after the regular season (after Thanksgiving) to be eligible for this team to have the potential to earn a varsity letter.

**I need to contact my daughter's coach?** The best way to contact your daughter's coach is by email. Coaches encourage PLAYER communication. If players need some sort of clarification, please encourage them to ask at practice.

**\*Parents may contact your daughter's coach by telephone ALWAYS in an emergency. \*Texting coaches in most situations is NOT acceptable. \*Please send an email if you have a question.** If you have a question about match times, please consult the schedule online. Please be considerate of coaches time away from the gym. The "24 hour rule" will apply with all issues and will be enforced on match days. Most coaches on the staff will set up a REMIND group to communicate with players.

**My question has not been answered....**

Contact Coach Angie Andersen via email at [trojanvolleyball@hotmail.com](mailto:trojanvolleyball@hotmail.com)