

Farmington Volleyball

Team Handbook



**"Whether you think you can, or you think
you can't...you're right"**

-Henry Ford

Farmington Volleyball Coaching Staff

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PURPOSE OF FARMINGTON SCHOOL ATHLETICS:

The Farmington Independent School District recognizes the value and importance of athletics programs as an extension of a good educational program. Participation in the athletics programs is a privilege and a valuable part of the overall school experience. It contributes to the mental and physical well-being of our students.

A primary goal of the athletics program will be the participation and involvement of maximum numbers of students. It is expected that all who participate will be afforded the training and wherewithal to compete successfully in athletics contests, but winning records are to be regarded as the outcome rather than the objective of a program which shall more appropriately seek to instill and develop life skills necessary for future success. These skills include Leadership, Communication, Goal Setting, Organization, Work Ethic, Self-Discipline, Perseverance, Cooperation, Loyalty, Integrity, Honesty, Perspective, Teamwork, and Relationships.

In addition, we hope to develop an appreciation and commitment amongst our student-athletes for life-long physical activity. Athletics is truly an extension of the classroom experience for the student-athlete. Interscholastic athletics is not a separate entity unto ourselves; we exist to enhance the experiences our student-athletes receive first in the classroom.

Parent/Program Relationship

As a coaching staff, our doors are always open. In order to create a winning volleyball program, it takes a combination of efforts between the coaches, athletes, and parents. We must all work together to make this program a success! But please keep in mind as a parent and an athlete that our goal as a coaching staff is to *teach life skills and create a winning program*. I feel we have a tremendous coaching staff with a vast amount of knowledge of the game of volleyball. We need to be able to make decisions regarding our teams to ensure success.

A major concern in any team sport is playing time. We will be up front with every athlete regarding playing time prior to our first match. Each individual will have a role that will impact the success of our team. It is important that each athlete embrace their role, and note that some roles may change. Understanding and being comfortable with your role as an athlete is very important so we can ensure positive team chemistry throughout our season.

1. Communication

- Make note of important dates
- **Use proper lines of communication:**
 - 1st Talk to your daughter
 - 2nd Have your daughter talk to her coach
 - 3rd Set up a time and talk to your daughter and her coach
 - 4th Set up a time and talk to your daughter and the Head Coach
 - 5th Set up a time and talk to your daughter, the Head Coach, and the Athletic Director

*****Parent concerns about playing time will not be addressed by the coaching staff until a player/coach conversation has taken place*****

2. Support

- Positive encouragement for your daughter and team
- Provide support to academic success
- Be a positive and respectful fan

3. Motivate

- Encourage your daughter to be as active as she can and work as hard as she can
- Encourage your daughter to take full advantage of any opportunity to make herself better- *Off-season: Weight room/speed and agility, summer camps, JO Volleyball*
- Work hard at practice, in the weight room, and in the classroom.

4. Academics and School Attendance

Academics must come first! Make volleyball a priority, but not necessarily the priority. School attendance is an expectation of all Farmington Volleyball players!!

- The school academic and attendance policy will be enforced.
 - School attendance is required to be eligible on game days!!

5. Involvement

- Encourage your daughter to be involved with the community and our youth volleyball program
- Not only will your daughter be a big part of this program, but I encourage you to do the same. There are many ways parents can be involved with the volleyball program and we encourage you to help out. In the near future, we will be looking for Booster Club members.

6. Promote Positive Growth Characteristics

- Be a Team Player
- Sportsmanship
- Strong work ethic
- Respect for the game and all those involved
- Dedication/Commitment
- Responsibility
- Positive Self – Image

Policies and Procedures

Practice Expectations

The volleyball season starts three weeks before Labor Day with tryouts taking place the first week. All school day practices will start at 3:15pm unless both teachers and students do not have school, then practice times will be announced. **We expect that every athlete will be in attendance at every practice.** The more committed you are to improving yourself; the better we will be as a team. Being prepared and on time is very important, not only for volleyball, as punctuality is a good habit to develop. Anytime you are late or miss practices, not only are you losing out on making yourself better, but the team also suffers from your absence. Due to those circumstances, there will be consequences for your absence.

If you are going to be late or miss practice for any reason, **YOU** need to let your coach know **BEFORE** practice. Each coach will have a contact procedure so each athlete will be able to contact her coach. This is very important and again shows your commitment to the team.

“IF YOU TELL US BEFOREHAND, YOU HAVE A REASON TO MISS, AFTER THE MISS, IT’S JUST AN EXCUSE.”

UNEXCUSED ABSENCES:

- **An absence without informing the coach before practice**
- **Any non-illness absence ie: Senior pictures, modeling, etc.**

1. If You Are Late for Practice/Lifting/Meetings (unexcused):

- 1st Time: May not start/play in the next match
- 2nd Time: May not play in the next match
- 3rd Time: May not play in the next match or dismissal from the team

2. If You Miss Practice/Lifting/Meetings (excused or unexcused):

- 1st Time: May not start/play in the next match
- 2nd Time: May not play in the next match
- 3rd Time: Means for dismissal from the team. **(unexcused)**

***** ISS, OSS and Detention are considered unexcused*****

Players late to practice, meetings, or lifting will only be **excused** if there is:

- **Prior approval** and note from a teacher for working on school work.

CHEMICAL ELIGIBILITY – from MSHSL BYLAW 205.00

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

- Use or consume, have in possession a beverage containing alcohol
- Use or consume, have in possession tobacco products (including Vaping)

Consequences: 1 calendar week will be added to the mandated MSHSL consequences for each infraction!!

Farmington Volleyball Players will...

- Have nets set up and equipment ready for practice prior to the designated start time
- Maintain and keep school facilities clean including: locker room, gym, equipment closet, weight room, training room, etc.
- Arrive on time and prepared to all meetings, practices and busses
- Hustle at all times
- Listen when a coach is talking, mental reps are almost as important as physical reps
- Not draw attention to ourselves through apparel or behaviors
- Remain in control of our emotions at all times, but not limit our enthusiasm
- Address our teammates and other members of the program in a respectful positive manner
- Push themselves and their teammates to be the best they can be

General Practice Expectations:

- Be dressed in a proper manner with gym shoes and clothes
- No Cell Phones out during practice! All cell phones should be put away/powered off during practice. (Parents can reach athletes in an emergency by contacting the school)
- No jewelry. This is a safety issue as well as a self-discipline issue. Due to rules dealing with games, and illegally equipped players, this is a good rule and habit to get into
- Hustling at all times – Absolutely no walking during practice
- Listen when a Coach is talking
- Address Coaches properly and respond accordingly
- The most important contribution you can make to this team is to be a positive teammate and leader
- Practice like you will play in a match
- Communicate, communicate, communicate
- Shag balls during drills
- Pick up after yourself – items found in the gym after practice will have to be *Earned Back*

General Practice Procedures:

- Be early, make sure nets are set up and you are dressed to play
- There will be consequences for players that are late to meetings or practice
- If you are injured, talk with a coach and our trainer. Players will still attend practice in full practice clothes (mental reps)
 - Absolutely no street clothes, cell phones at practice or games
 - Injured players are expected NOT to be a distraction in any way
- Players will always meet at center court with captains before beginning warm up drills
- Pre-Season Practice
 - Being late after break will earn extra conditioning
 - Food will be eaten outside or in the commons area
 - All trash will be thrown away

Game Day Procedures:

- **Game day attire** will be decided by the captains or as a team. Remember you are representing your team and school as well as yourself.
- **Uniforms** will be provided to all athletes. All athletes must provide their own black spandex. All athletes are responsible for the care of their uniform and it must be returned to their coach in proper condition at the end of the season.
- **Line Judges:** Varsity athletes will also be assigned to line judge and work the scoring table during home B-squad and JV matches. We will need parents to volunteer for line judging responsibilities at Varsity tournaments.
- **Home Games:** All athletes should be ready to play **30 minutes PRIOR** to match time. Athletes are expected to watch and cheer on other level teams before or after their match when possible.
- **Away Games:** Be sure to check all bus times. Athletes should be early for the bus. We will not wait for tardy athletes. Be sure you have all items necessary to play. Middle School athletes should be dressed prior to getting on the bus. Athletes are expected to ride to and from events on the team bus.

Grade Level Philosophy

Expectations of All Athletes Involved in the Program – Student Athletes are separated and stand out from other students because of their dedication and willingness to make sacrifices in order to be successful. We expect that our athletes will be dedicated to the sport of volleyball and the Farmington Volleyball Program.

Middle School Philosophy - ***Middle School athletes that have the potential to make a high school team at the 10A level or higher may be invited to high school tryouts. MS athletes will not be brought up to 9th grade unless 9th grade numbers are too low.*

9A/9B - The freshman year is an adjustment year. Coaches at the 9th grade level realize this to be a transition stage from middle school to high school activities. Ninth grade players will practice different positions and specialize at a position. Playing time is not guaranteed but coaches will attempt to play players with the idea of providing a successful experience for all.

10A - The sophomore season is an important year for both skill and physical development. By the end of the season, players should have an idea of the techniques for their position as well as the physical requirements necessary for playing at the varsity level. Playing time is not guaranteed and coaches will attempt to play players with the idea of preparing them for the varsity level.

Juniors Varsity - The goal at this level is to provide a competitive team and individuals. They need to be prepared to help the team however they can. They must show exceptional dedication, sportsmanship, attitude and skill. Coaches determine playing time with the intent of providing the team with the best opportunity to be successful.

Varsity - We expect that our Varsity athletes will be the leaders of our program and will set a good example for the younger players. Coaches determine playing time with the intent of providing the team with the best opportunity to be successful. We believe that our varsity athletes dedication should carry over into other school activities and their everyday lives.

Captains - Varsity Captains will be selected using an application and interview process following the previous season. There will generally be 2-3 captains; a max of 5 captains will be assigned. The coaching staff will assign the captains. When appropriate, varsity players will vote for captains (coaches will have final discretion). Parents whose athletes have been elected as captains will be expected to help facilitate their daughters' responsibilities.

Varsity Program Philosophies

10A

The 10A team is an opportunity for players to play and develop their abilities. We do expect our 10A team to be as competitive as possible. Playing time will not be equal on the 10A team, but playing opportunities will occur regularly.

JV

The JV team is an opportunity for players to play and showcase their abilities. It is also a chance to give an opportunity to reward younger players and expose them to a higher level of competition. We do expect our JV team to be very competitive. Playing time will not be equal on the JV team and some may receive less time on the court. Those JV players that have shown dedication and hard work may be rewarded with an opportunity to dress and sit on the varsity bench (some may earn playing time as well).

Varsity

We expect to put the most competitive team we can on the court for every Varsity match. The best players will be on the floor **regardless of age/grade**. Players that prove and maintain their skills/abilities will get the most playing time. Playing time will not be equal on the Varsity team and some may receive very little time on the court. Players that have shown dedication and hard work may be rewarded with an opportunity for additional court time.

Philosophy and Procedure on Moving Athletes up from middle School

If there is an athlete who shows that they are physically and mentally capable of competing for a starting spot at the 10A, JV or Varsity level, we will take the steps necessary to do so. The following is a general guideline for moving athletes up from middle school.

1. Athlete is physically and mentally capable of competing for a starting spot and earning playing time on the B, JV or Varsity team
2. Athlete is a good citizen
3. Athlete is in good standing academically.
4. Athlete, parents and coaches will meet, discuss and make a decision based on what is the best situation for the athlete.

Team Selection Process

Varsity, JV, 10A, 9A and 9B teams will be selected by the coaching staff.

1. Individuals will be chosen for each team based on a depth chart created through the tryout process. Farmington volleyball is forced to make cuts at the high school level.
2. The Varsity team may include up to 12 players (15 players can be rostered for Sections). JV, 10A, 9A and 9B teams may include up to 12 players.
3. All tryout participants must complete registration and meet all requirements for participation set forth by the Minnesota State High School League before they can participate in tryouts.
4. Individuals will be evaluated in the following areas:
 1. Acceptance of coaching philosophy: coachability
 2. Game skills: passing, setting, hitting, serving, digging, blocking & game knowledge.
 3. Athletic and competitive ability: quickness, endurance, strength, jumping ability and ability to apply game skills in competitive situations.
 4. Attitude: reliable, energetic, relentless, never gives up, and a team player.
5. Players will be expected to attend all practices and matches unless excused by their Coach.

Varsity Lettering Policy

A Farmington Volleyball Varsity Letter Winner will...

1. Earn a spot on the varsity roster
3. Have no more than 1 **unexcused absences** from practices and meetings
4. Maintain good academic standing
5. No chemical violations during the season
6. Participate in 5 or more sets/matches
7. Coaches discretion in special circumstances
8. Managers are eligible to earn a Varsity Letter.

It is our intent to make your daughter's experience as part of the Farmington Volleyball program a positive and memorable one! This is a great program for you and your daughter to be a part of and we encourage you to make the most of it while the opportunity is here. Any questions or concerns, please feel free to contact the coaching staff.

Michael Woody
Head Volleyball Coach
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Parent / Athlete Contract

We have read the rules, regulations, and expectations listed above and agree to abide by them and the decisions of the Farmington Volleyball coaching staff.

Parent/Guardian Signature(s) _____

Athlete Signature _____

Athlete's Grade Level: _____

Date: _____

Athletes will not be allowed to participate in their first match until this contract is signed and turned in by both the athlete and her parent/guardian.