

# Hastings High School Volleyball Program Guidelines

The following information is the specifics of the Hastings Volleyball Program. It should answer those frequently asked questions about the season. If there are additional questions, please let us know.

**Time Commitment** The time spent will be different for practice time verses game night.

## Practice Time: Grades 9-12

- ✚ The practice time is up to the individual coaches. Player can expect up to 2 ½ hours at a volleyball practice during the regular season. Most coaches will schedule two practices a day leading up to the week of competition.
- ✚ Coaches will be expected to give advance practice schedules to their teams.
- ✚ Practices are held in the Hastings High School main gym and activity center. We may also use the school weight room for conditioning.

## Game Night: B squad, JV, Varsity

- ✚ Volleyball game night could start as early as 3:45 to load a bus and could be as late as 11:00. Because volleyball is not a timed sport, the ending times depends on the length of the match.
- ✚ All players are expected to be involved in game night for the entire time. Players can work on school work, but should remain in the gym and must sit together as a team in the stands to cheer on other teams in the program. For home games, there will be tasks assigned to lower level players during the varsity match. Coaches should not have to hunt down players. The same is true for varsity players and lower level matches. We work as a team.
- ✚ When taking a bus to games, all players are expected to ride the bus both to the match and then back again. This is also a policy of Hastings High School.

## Game Night-9<sup>th</sup> Grade

- ✚ Home games will be held at Hastings High School Gym
- ✚ Away games: players will be picked up and dropped off at the top parking lot.
- ✚ If there are two 9<sup>th</sup> grade teams, in most cases the matches will be played consecutively

**Playing Time** The playing time for all levels is up to the individual coaches.

## Playing Time : 9<sup>th</sup> Grade

- ✚ On game day, the 9<sup>th</sup> grade teams will potentially be divided into a Blue Squad and Gold Squad. The coaches will determine who is on that squad and the make-up of those squads could change throughout the season.
- ✚ On match night, coaches will determine which squad will play the first match when played back to back. There might be a circumstance when both squads will play at the same time.
- ✚ Not all schools will have two 9<sup>th</sup> grade teams. It is possible that there will only one match due to these restrictions. This will be communicated to the players as timely as possible.
- ✚ It should also be noted that not all schools will have a 9<sup>th</sup> grade team.
- ✚ The game schedule for 9<sup>th</sup> grade can be found on the Hastings Athletics Volleyball site. Changes in the schedule will be updated by the Athletic Department.
- ✚ Playing time will **NOT** be equal for every player.

## Playing Time: B-Squad

- ✚ The B-squad will play the best 2 out of 3 matches. Many times during regular season we will play a non-deciding third game to provide more opportunities for playing time.
- ✚ Playing time will **NOT** be equal for every player.

### Playing Time: JV

- ✚ The JV will play the best 2 out of 3 matches. Many times during regular season we will play a non-deciding third game to provide more opportunities for playing time.
- ✚ The players that competed in the JV match are expected to also dress for varsity matches.
- ✚ Playing time will **NOT** be equal for every player.

### Playing Time: Varsity

- ✚ The varsity will play the best 3 out of 5 matches during regular season matches and 2 out of 3 during tournament play.
- ✚ At section play, the roster of the varsity team **CAN NOT** exceed 15 players. There will be a determination by the coaches on the 15 player section roster. All players are expected to remain with the team for both practice and competition for the duration of the season, even if they are not rostered for sections.
- ✚ Playing time will **NOT** be equal for every player.

**Player Absence** Practice & games are important, but all families need to take the following under consideration when a player is absent from practice

### Family Events

- ✚ The athlete's family should take the highest priority, and there are certain situations in which a player needs to miss practice or a game for a family function. These situations will be dealt with on a one-one basis. Consider the event and ask, "Could this be done at a different time?" For example, a birthday dinner could be done on a night that does not conflict with volleyball.
- ✚ I do ask that the family does take into consideration the schedule that is in place for the season and do their part to schedule around those time. Missing for family events could result in loss of playing time depending on the nature of the absence and the length of time you are away.

### School/Work

- ✚ The players on the Hastings Volleyball team are student's first, athletes second. There are academic eligibility that Hastings High School has that must be followed by all teams. There will be academic checks by the coaches at the quarter marks of the semester. A student with failing grades at those times could be placed on probation and could ultimately lose their eligibility.
- ✚ Players should also maintain the behaviors appropriate for the school setting, and should not be receiving detentions. Detention would NOT excuse a player from practice.
- ✚ Players also need to do their part in taking care of school issues around the schedule that has been set by the coaches. On game night, players should be in the stands with their team and engaged in match. Time management is part of a being a successful student-athlete.
- ✚ Players also need to schedule time with teachers around the volleyball schedule.
- ✚ Missing practice due to school work would NOT be excused.
- ✚ Missing practice due to work is considered an unexcused absence.
- ✚ Missing practice for college visits could also result in lose of playing time.

**Volunteering** There are a number of volunteers we MUST have in order to have a successful season. Each family is EXPECTED to volunteer for volunteer shifts.

FINAL NOTE: Hastings has a parent handbook that explains many other guidelines that the Volleyball program will enforce. Please review this online at <http://www.hastingsathletics.org/>