

Young Women's Volleyball 2024

Expectations, Guidelines & Commitment

Program Goals:

1. Create a positive, competitive, supportive learning environment for all athletes.
2. Emphasize whole human growth development and teach character skills to drive improvement & success.
3. Provide mental strategies to promote the self-talk, self-coaching, self-discipline, and self-sufficiency necessary for sport and life skill success.
4. Foster high expectations for the team and self, on and off the court, including excellence in community tenancy.
5. Establish each athlete's roles and contributions to the program.
6. Prepare athletes for matches through competitive practices.
7. Promote and hold value for teamwork, sportsmanship and commitment
8. Earn post-season CIF Bid at the Varsity level.

Playing Time:

The VHS Volleyball program is a high school enrichment program that fields a Frosh/Soph, Junior Varsity, and Varsity-level teams. We aim to create as many roster spots as possible and match play opportunities for our athletes. Playtime is not guaranteed at any level. However, our playtime goal for athletes on our developmental teams, JV and Frosh-Soph, is as follows:

Frosh / Soph: Each athlete will play in at least part of every match.

Junior Varsity: Each athlete will play in at least part of a match every week.

Varsity: No playing time goal for each athlete. Players are to play their roles as starters, subs, and competitors in the practice gym.

Practices:

- Practice is mandatory unless prior approval is received directly from the coach. Please make every attempt to schedule appointments outside of the practice schedule.
- Missed practices: Unexcused missed practices are subject to a full letter grade drop, and a second miss is subject to an additional grade letter drop (please see info below) or removal from the program.
- No tardiness- players arrive early to set up practice needs and dress before scheduled practice times.

-Pre-Season Training (July & August): Players will report to pre-season training on July 15th. Each level will play a couple of summer league events (some multi-day) and are expected to make all scheduled practices. This included pre-season morning workouts (usually 2 days per week) when scheduled.

-Season (August, September & October): Our season will start on August 12th (first match vs Saint Bonaventure) and continue through October 14 (last match vs Pacifica). In-season, our athletes' team obligations continue 5/6 days per week. Most matches are on Tuesdays and Thursdays, and athletes should assume practice will occur on Mondays, Wednesdays & Fridays during the season. Coaches will

determine rest days (days off when appropriate). The goal is for each level to play up to three-weekend tournaments (on Saturdays), pending tournament availability.

-Post-Season (October & November): We hope to make the CIF Post-Season Tournament once our season is complete. Varsity athletes will practice in the days leading up to CIF games, this process will continue until Ventura wins the championship in mid-November 😊 (or is eliminated 😞).

7th Period / Volleyball PE Grading - We expect to give "A's" to athletes who remain in good standing and participate in the Volleyball program. However, an unexcused absence (practice or match) will result in a full letter grade drop, and a second unexcused absence will result in an additional full letter grade drop and a parent, athlete, or coach meeting before rejoining the team.

Transportation Form: All athletes are requested to complete the VHS transportation form, which allows approved parent drivers to transport athletes when/if required by coaches.

Home Match Days:

- Varsity players will support and perform match duties for Frosh Soph home games.
- J.V. players will support and perform match duties for Varsity home games.
- Frosh / Soph will support and perform match duties for JV home games.
- Developmental, hurt, or ineligible players will also play a role in the duties for match day events.
- Frosh Soph athletes must show up at Tuttle Gym at the beginning of the 7th period for setup on match days.
- Frosh Soph athletes are required to stay for all of JV home matches and are encouraged to stay for Varsity matches.
- JV athletes are required to stay for the entirety of the Varsity Match, including break down and clean-up of the gym.
- JV & Varsity Athletes are to remain in the gym after home match events until the gym is completely broken down and clean. Additionally, Frosh-Soph athletes who stay for the completion of varsity matches are asked to stay and clean the bleacher area before departure (if you stay, you become part of the crew part of the ship)
- Any early departure must be coach-approved 1-day ahead of time.

Away Matches

- Project times/class departure times are 15 minutes before the bus leaves for away matches. Athletes are asked to have all their gear organized and ready to go. We strive to get project times out as early as possible; however, the district is often too late to inform us (we will do our best).
- All athletes / all levels must take the bus to away matches from Ventura High School and Return on the bus after the varsity match for a drop-off at Ventura High School.
- Each player can leave with their parent (and parent only) from an away event once during the season. Athletes must provide a Parent-signed note before bus departure for the match you request.

- Parents, please pick up your athletes on time upon arrival at Ventura High School on away match evenings. Your athletes will text you from the bus with our approximate arrival times. Coaches will not leave athletes waiting for rides on the curb at VHS. Away matches are long days for our coaches (and athletes), and your courtesy in providing timely pick-up of your athlete is appreciated.

Game Day Uniforms & Apparel:

- Team captains will determine pre-game and uniform dress for game days.

Grades:

- All athletes must maintain a G.P.A of 2.0 or better to participate in athletics at VHS. Administrators and coaches will be checking on athletes' grades and in-class behaviors.

Conduct:

- All VHS athletic codes are enforced. (See clearance packets)
- No foul language is tolerated.
- All players are responsible for appropriate social media content! Any slanderous language will not be tolerated. Any posting of pictures or comments related to any alcohol drinking or inappropriate images will result in removal from the team.
- VHS beach athletes will always be polite and take the high road/yield to public actions, concerns, or issues. Allow coaches to handle public issues in the gym or when traveling.
- If there's a physical altercation between students at school (a fight), VHS Volleyball athletes are to walk away, being part of the circle watching a fight is deemed involvement and warrants disciplinary action.
- Wearing properly branded uniform items at practice, matches or when traveling is required.

Health:

Supporting the health factors below is the number one area where parents can help athletes and teams.

- Proper nutrition is essential for maximum performance.
- Promote proper hydration and hygiene to prevent injury or illness.
- Sleep is essential - please do not stay up late on games or tournament evenings. Strive for 8 hours of sleep each night.
- Communication with the coach when an athlete is sick or injured is imperative. Please inform coaches of any health concerns (injury or sickness) immediately.
- Maintaining personal fitness outside of team practices to ensure peak performance and prevent injuries.

Player Expectations:

1. Be on Time! Athletes should always be on time for practices, program events, bus departures, and home game set-up timelines (10 minutes early is on time!)
2. Always give your best effort in all we do!

3. Attitude is everything. Bring your best attitude to volleyball. "*playing a high school sport is a privilege*"; if you are lucky enough to be on a team, you're lucky enough".
4. Always show respect for coaches, parents, players, league officials, and refs.
5. When coaches talk, athletes listen.
6. Always be ready to help. Cougar athletes have a pitch-in spirit.
7. Be a mountain climber / Make your teammates better.
8. Be a great teammate; go out of your way to get along and support your teammates. No Drama Policy!
9. Plan, process, and learn the time management skills needed to accomplish responsibilities outside of volleyball.
10. Utilize our coach's open-door policies and communicate with your coaches. We are open to discussing anything (not much we haven't experienced or heard before).
11. Adhere to all decisions made by the coach and team captains.
12. Athletes must fully participate in team-building activities, fundraisers, and community service projects.
13. Hurt & Injured athletes must report to all volleyball events (practices & matches) to support their team.

Overall Commitment: VHS Volleyball is an up to 6-day-per-week commitment (between matches & practices). Our pre-season starts mid-July, and we conclude our season in mid to late October. Competition play begins in mid-August and extends through April 15th.

Problems / Disputes:

If a problem arises, please follow these procedures

- 1st step- The player should talk to the coach.
- 2nd step- The player and parent meet with the coach.
- 3rd step- The player, parent, and coach should meet with the head coach (at the varsity level with the VHS A.D.).

Parent or Guardian (POG's) Involvement:

- **Support:** POGs are encouraged to support athletes from the sidelines positively. Any POG doing anything deemed coaching or directing athletes from the sideline will be asked to leave the venue.
- **Best Practice:** POGs aggressively screaming at the top of their lungs are not supporting or helping our athletes. Added pressure from POGs losing their minds on the sidelines can hinder athlete performance. Clapping and offering general brief words of encouragement go a long way and will help push our athletes over the finish line.
- **Volunteer Opportunities:** Ventura Volleyball runs on the support of our families; we encourage everyone to get involved and take on a volunteer job or position to help the program.

We look forward to the support of our athletes, families, and community for the 2024 season.

Player Expectation Sign-off acknowledgment sheet. Please sign and return to your coach.

Both parent/guardian and player have read the above expectations and guidelines and understand the time commitment. Please sign below and return it to your coach.

Athlete name: _____ Athlete signature: _____

Parent/Guardian name: _____ Signature: _____

Date: _____ Date: _____