

# Ventura High School Young Women's Volleyball 2025

## Expectations, Guidelines & Commitment

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### Program Goals

1. Foster a positive, competitive, and supportive learning environment for all athletes.
  2. Emphasize holistic development, teaching character skills that drive personal and athletic growth.
  3. Provide mental training to build self-talk, self-coaching, self-discipline, and self-sufficiency.
  4. Encourage high standards for team and individual performance on and off the court, including community engagement.
  5. Define and develop each athlete's role and contributions to the program.
  6. Prepare athletes for competition through challenging and purposeful practices.
  7. Uphold and model teamwork, sportsmanship, and commitment.
  8. Earn a post-season CIF bid at the varsity level.
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### Communication Policy: Transitioning from Youth to High School Sports

#### Athlete Responsibility

- Athletes are expected to communicate program updates and needs to their families.
- Athletes must take ownership of their schedule, responsibilities, and any questions, communicating directly with coaches.

#### Coach-to-Player Communication

- Coaches will communicate directly with athletes regarding team matters.
- Athletes are responsible for relaying relevant information to parents/guardians.

#### Parent Communication Protocol

1. Start by asking your athlete, most questions have already been addressed in team communication(s).
2. Please contact our Parent Liaison (not the coaching staff) for clarification. The Parent Liaison is your first point of contact for program-wide concerns.

This structure builds independence, accountability, and personal responsibility, key attributes of high school athletes.

Communication Policy:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## Playing Time

The VHS Volleyball program fields Frosh/Soph, JV, and Varsity teams. While we strive to provide roster spots and match play for as many athletes as possible, **playing time is not guaranteed at any level.**

### Playtime goals:

Playing Time:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

- **Frosh/Soph:** Every athlete will play in at least part of every match.
- **JV:** Every athlete will play in at least one match each week.
- **Varsity:** Playing time is merit-based. Athletes are expected to embrace their designated roles, whether as starters, substitutes, or competitive practice players.

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### Practices & Attendance Policy:

- **Practice is mandatory.** Schedule appointments outside of practice when possible.
- **Unexcused Absences:** First unexcused absence results in a full letter grade drop in 7th-period PE. A second unexcused absence results in an additional letter drop and, at the coach's discretion, removal from the program.
- **Punctuality:** Arrive **at least 20 minutes early** for practices to set up equipment and be ready to begin on time.
- **Excused Absences (Sickness or Other):** At the coach's discretion, excused absences may affect the athlete's position or play time at the next event. Time away from the team is time away from the team. Players, please notify your coaches by noon if you are sick and won't be at practice.
- **YOU MUST OUTLINE and INFORM THE COACHING STAFF OF ANY MISSED TIME OVER THE PRE-SEASON (SUMMER) TRAINING PERIOD. PARTICIPATION IS PART OF THE OVERALL EVALUATION IN DEVELOPING TEAMS.**

Practice & Attendance Policy:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

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### Pre-Season (July–August)

- **Tryouts:** July 14–16.
- **Training begins:** July 17.
- Morning workouts (typically twice a week) and scheduled practices are mandatory.
- Each team will compete in several pre-season events, including multi-day tournaments.

### In-Season (August–October)

- Season begins **August 12** and runs through **October 16**.
- Expect volleyball activities **5–6 days/week**.
- Matches: Tuesdays & Thursdays.
- Practices: Typically Mondays, Wednesdays, and Fridays.
- Coaches will determine appropriate rest days.
- Teams will play in **up to 3 weekend tournaments**, some of which may be two-day events.

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### Post-Season (October–November)

Varsity practices and competitions will continue for CIF post-season play. We train and compete until we win a CIF title—or are eliminated.

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### 7th Period Volleyball PE Grading

- Athletes in good standing will earn an "A."
- Each unexcused absence from practice or matches results in a **full letter grade drop**.
- A second unexcused absence triggers a **mandatory meeting** with the athlete, parent, and coach to determine continued participation.

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7 <sup>th</sup> Period Volleyball PE Grading:
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Player Initial:_____	Parent Initial:_____
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### Transportation

- Complete the VHS Transportation Form to allow approved parents to drive when needed.
- **All athletes must ride the team bus** to and from away matches.
- Athletes may leave with **their own parents once per season**, with a **signed note submitted before bus departure**.
- Timely pick-up after away matches is expected—please coordinate with your athlete directly.

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Transportation:
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Player Initial:_____	Parent Initial:_____
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## Home Match Responsibilities

- **Varsity:** Supports Frosh/Soph home games.
  - **JV:** Supports Varsity home games.
  - **Frosh/Soph:** Supports JV home games.
  - **All players** (including managers and injured athletes) have duties on match days.
  - Frosh/Soph athletes must arrive at the start of 7th period to help set up.
  - Frosh/Soph are required to attend JV matches and encouraged to stay for Varsity.
  - JV athletes must stay through the end of Varsity matches and assist with gym breakdown.
  - Frosh/Soph athletes who stay for Varsity must help clean the bleachers.
  - **Early departure requires coach approval at least one day in advance.**
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## Game Day Apparel

- Team captains will determine uniform and dress code for match days.
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## Academic Eligibility

- Athletes must maintain a **2.0 GPA or higher.**
  - Coaches and administrators will monitor academic performance and behavior.
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## Conduct & Social Media Expectations

- Follow all VHS Athletic Codes (see clearance packet).
  - No foul language.
  - Social media content must be respectful and appropriate.
  - Inappropriate posts or any association with alcohol, drugs, or misconduct will result in dismissal.
  - Athletes must remove themselves from fights or disruptive situations. Being part of a crowd around a fight may result in disciplinary action.
  - Athletes must wear branded team gear during practices, matches, and travel.
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Conduct & Social Media Expectations:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## Health & Wellness

Parents can support the team by reinforcing:

- Proper **nutrition, hydration, and hygiene**.
  - **Adequate sleep**—especially before matches and tournaments.
  - **Immediate communication** of illness or injury—by the athlete, not the parent.
  - **Off-court fitness and recovery routines** to reduce injury risk.
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## Player Expectations

1. Arrive **20 minutes early** to every event.
2. Give full effort at all times.
3. Bring a positive attitude—playing a sport is a privilege.
4. Show respect for all players, coaches, refs, and parents.
5. When coaches speak, listen actively.
6. Help out—Cougars have a pitch-in spirit.
7. Elevate teammates; be a "mountain climber."
8. Be a drama-free, supportive teammate.
9. Manage your time effectively.
10. Communicate openly with your coaches.
11. Respect all coaching and captain decisions.
12. Fully participate in all team events, fundraisers, and service projects.
13. Injured athletes must still attend and support at all practices and matches.

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Player Expectations:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## Overall Commitment

- The season runs from **mid-July to mid/late October**, with CIF post-season extending into November.
- Expect **up to 6 days/week** of volleyball-related activities.

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Overall Commitment:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## Conflict Resolution Procedure & Parent Coach Communication

### 1. Conflict Resolution Process

1. **The athlete talks with the coach first.**
2. If unresolved, a **player-parent-coach meeting** may be arranged.
3. If further escalation is needed, a **meeting with the head coach and A.D.** (if applicable) will follow

### 2. Parent Coach Communication

- Coaches will only meet with a parent and their athlete.
- 24–Hour Rule – Wait 24 Hours after a match or event before contacting the coach for a player/parent meeting.
- Absolutely No Spontaneous Side-Line Meeting with Coaches After Matches.

### 3. Topics Open for Discussion

- The athlete’s mental and physical well-being
- Ways to help the athlete improve
- Behavior or effort concerns

### 4. Topics Off-Limits

- Playing time decisions
- Lineup/position decisions
- Comparisons with other athletes
- Strategy or coaching philosophy

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Conflict Resolution Procedure & Parent Coach Communication
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Player Initial:_____ Parent Initial:_____
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### Parent/Guardian Involvement

- **Support from the sidelines** in a positive, encouraging manner.
- Coaching from the stands is not allowed and may result in removal from the event.
- Excessive yelling or pressure does not help athletes perform—cheering and encouragement do.
- **Volunteer roles are vital** to our program’s success—please get involved!

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Parent Guardian Involvement:
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Player Initial:_____ Parent Initial:_____
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## Fundraising Guidelines

Our program relies entirely on fundraising for:

- Equipment, uniforms, practice gear, assistant coach pay, travel meals, and team bonding events.

**We ask every family to participate in all three major fundraising efforts:**

1. **Family Donation or Banner Campaign**
  - Each family is asked to donate \$400 or secure a banner sponsor.
2. **Snap Raise Campaign**
  - A digital fundraiser reaching extended family and community supporters.
  - Parent/athlete collaboration is needed to submit quality contacts.
3. **Snack Bar**
  - Each family donates one case of product to stock the snack bar at home matches.

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Fundraising Guidelines:

Player Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## Acknowledgment & Agreement

Please sign and return this page to your coach by July 16th, 2025, the final tryout date.

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### Player Expectation Sign-off Acknowledgment Sheet

We, the undersigned, have read and understand the expectations, guidelines, and time commitment required for the 2025 VHS Volleyball Season.

**Athlete Name:** \_\_\_\_\_ **Athlete Signature:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_ **Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please outline any missed time during our pre-season (summer training) from our start date on July 14<sup>th</sup> through the start of school on August 13<sup>th</sup>. Athletes are also responsible for discussing this with their coaches upon submission.**

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