

Chetek-Weyerhaeuser High School

Volleyball Handbook



Jordyn Anderson

Varsity Coach

(715)924-2244

janderson@ewasd.k12.wi.us

Diane Huiras

Assistant Coach/JV Coach

(715) 924-3137 EXT 2070

dhuiras@ewasd.k12.wi.us

Tom Fuller

Assistant Coach

(715) 924-3137 EXT 2067

tfuller@ewasd.k12.wi.us

Alyssa Ludwikowski

Assistant Coach

Koll Fjelstad

Athletic Director

(715) 924-3137 EXT 2702

Volleyball Handbook

Welcome to the Chetek-Weyerhaeuser High School Volleyball Program. This handbook has been created to accomplish three things: to outline the expectations for all our athletes; to improve communication between parents, players, and coaches; and to pass along important information. The success of C-W Volleyball depends on your involvement and commitment to the program. We look forward to a great year of hard work, dedication, and success!

Mission Statement

It is the collective mission of the Chetek-Weyerhaeuser High School Volleyball program to provide young women an opportunity to challenge themselves and to be challenged mentally and physically and teach our players how successful teams function and respect one another, despite differences of opinion and personalities. It is our desire to develop our athletes into kind, competitive, thoughtful, and well-rounded individuals and to guide all participants in the program to a greater understanding of themselves, to raise volleyball I.Q. and build confidence and character through discipline, rigor, and the conquering of adversity. We work to instill an unshakable framework of excellence, teamwork, and competitiveness and believe that every member of our team contributes to our overall success. We promote academic excellence, community service and give our athletes the leadership skills needed to be successful and aid them in their future life endeavors.

Philosophy

Our philosophy is to develop a comprehensive program, built on trust and based on best practices, that provides opportunities for athletes to reach their full potential. We believe that effort generates outcome. Driving players consistently to learn and improve leads to success. Hard work with clear goals will benefit players on and off the court, now and in the future.

We believe in Defense, Discipline, Dedication, and the Intangibles

Defense: intensity, hard work, and dedication

Discipline: do-what-is-right attitude, unselfishness, teamwork, respect, and goals Dedication:

time put in, off-season work, speed and weight training, desire to improve, and effort Intangibles:

effort, attitude, communication, trust, kindness, patience, and respect

Program Level Guiding Principles:

Process Precedes Performance

The foundation of sustained success is a mentality of continuous improvement at all levels of the program and in every individual. This shifts the focus away from current performance and frees everyone to pursue growth and learning. It also creates better alignment toward goals and fosters a positive dynamic. More broadly, it allows for adaptation to change.

Respect Given is Respect Earned

We should at all times seek to be worthy of respect. Being worthy of respect starts with giving respect. Those who respect the other members of the program and everyone associated with it, who respect the institution and the community, and who respect the game and their opponents, earn that respect right back.

Team Level Principles

It's About the Players, Not Me

Coaching is about being in service to others, not ourselves. Our job is to do everything we can to help those we coach grow, develop, and succeed.

Everyone is a Key Contributor

We all play an important part in the success or failure of the team. The fact that some members may have a more prominent role at times does not change this.

Positivity in Both Directions

It is important that we support each other in a positive, constructive way. It is equally important for each of us to expect the same in return.

Every Team is Different

We coach based on the current team's unique composition. This is the only way to maximize the team's potential.

Only Communicated and Enforced Expectations Matter

We can only get what we expect if we set forth those expectations and ensure that they are always lived up to both in practice and competition—on and off the court.

Coaching Principles

The More We Talk, the Less They Learn

Coaching is not lecturing. Our job is to create a structure by which the players are able to work on the techniques and tactics needed to continue their development and then to let them get on doing so, with only as much interruption as is necessary.

Everything Starts with Priorities

Progress begins with identifying the needs, putting the most important things at the top of the list, and working on them first. Most rapid progress requires being focused on priorities and not allowing other things to distract.

Playing Principles

Relentless Defense

We do not let balls hit the floor on our side of the court uncontested- EVER!

Intelligent Decision Making

We will be aware of the situation and make the play with the best chance of success.

The Little Things Matter

We will always be in the moment, focused on our responsibility right now.

Expectations of Coaches

We want every player to feel that she is part of the program and take experiences learned in volleyball to help her later in life. Being part of a high school volleyball team is an activity that can help the physical and mental development of a young woman. Our coaches should attempt to make each athlete feel successful in some way and let her know she is important to the team. Not everyone can or will be a starter, but each can feel a sense of accomplishment.

Volleyball is a very physically demanding sport, and there is a chance of injury. Coaches should be expected to prepare athletes with the proper skills and conditioning to help prevent and avoid injuries. We have programs both during the school year and summer with coaches involved to help motivate our athletes. An athlete is missing a good opportunity for success in our program if she refuses to weight train and condition, but more importantly a weak athlete is more likely to be injured when she does not participate in strength and conditioning opportunities.

Volleyball is a game and should be enjoyable. We try to make it fun in both practice and matches. Two things really help in making volleyball fun--one is participation and the other is winning. With coaches working to find a balance between the two, we hope that every player will have a positive experience in the program.

Social Media

Social media can be a useful tool...but can also spread information in a negative way that exposes one's personal life to the world. Please remember athletes represent our school, community, and our team at all times. Athletes are accountable for their social media presence.

Because the internet can be accessed by anyone, it is recommended that student-athletes do not post inappropriate information (including pictures and text) or join groups that do not promote positive behavior.

- Do not post inappropriate online language and behavior
- Athletes should use discretion when posting pictures, including those of teammates and friends to social media
- Do not engage in any negative conversations about your team or teammates

Remember that the general public, school administrators, coaches, opponents, law enforcement agencies, and future employers have access to these social media websites. When it comes to online postings, **NOTHING IS PRIVATE. Understand that inappropriate postings can follow an individual for life.** Do not post anything that would embarrass the school, the team, or your family.

Practice Guidelines & Expectations

- All practices are mandatory for every player, unless the coach specifically says otherwise
- Get to practice early. After-school practices begin at 3:30 sharp, unless specifically stated otherwise. Players should be dressed appropriately and be ready to practice by 3:30. If you need to see the athletic trainer before practice, do so before you change for practice unless she is not on site yet
- Cell phones & other electronics should be SILENT and put away, unless the coach specifically says otherwise
- Players are expected to set up everything before practice and to tear down and clean up after practice
- Students who are not able to attend school because of an injury or illness will not be able to participate in practice or games the day of the absence
- Being late or any absence from practice must be accompanied with a valid reason, and coaching staff must be informed in advance. Coaches will determine penalties for missed practices on a case by case basis, while adhering to district policies, and keeping in mind other factors such as player history, attitude, behavior, etc. Missing a regularly scheduled practice for a non-emergency may result in loss of playing time. Players must meet with coaching staff regarding missed absences for non-emergency situations, including contact days
- There may be times that a coach may request that a player not participate in a practice if the coach believes that some time off for the player would be beneficial to that player or

the player's team. If this type of request is made, the coach or coaches will explain why it is necessary, and the player will be expected to comply

- After practices and games, players should take sweaty gear and clothing OUT of their bags and let things air out
- In practice, players are expected to listen attentively, work hard, compete with intensity, support their teammates, and strive for excellence in everything they do

Academic Expectations, Eligibility Policy, and Requirements

Regulations concerning eligibility for extra-curricular activities involving athletics and school clubs are based on CWHS rules and district policy. Academic standing, disciplinary matters, and enrollment status may limit eligibility for participation.

Expectations:

- Academics come before volleyball
- Strive for excellence!
- Attend every class, every day. BE PRESENT!
- Work diligently towards a high level of achievement in every class
- Hold yourself accountable--don't leave it up to teachers, parents, or coaches
- Let the coaching staff know when you are struggling in a class, and coaches will assist with a plan for success as a student athlete
- Any student who is removed from class for behavior is ineligible to participate in practice or a match on the day of the removal.

CWHS Rules

Drugs/Alcohol/Tobacco Violations: Please see the C-W Athletic/Co-Curricular Handbook for details on rules regarding drug, alcohol, and tobacco violations.

In addition to the standard CWHS penalties, the C-W Volleyball coaching staff will impose the following additional penalties on athletes that violate any CWHS Drug/Alcohol/Tobacco rules:

- The athlete can't be a captain in the upcoming season if the offense happens in the pre-season
- The athlete can't be captain the following season if the offense happens in season, so an offense that happens for an athlete during her junior season would disqualify her from being a captain during her senior season
- If an athlete is already a captain for current or upcoming season when the offense occurs, the captainship for the current or upcoming season will be removed
- An athlete will not be nominated for All-Conference honors if the offense occurs between November of the previous school year through the current season

Player Evaluations/ Tryouts/ Team Placement (for C, JV, and Varsity teams)

At the beginning of each season, there will be player evaluation/tryout process in which the coaches attempt to evaluate each player through physical assessments and by watching the players perform in skill specific drills, playing situational drills, and actual games. Coaches will also assess each athlete on the intangibles. The result of these player evaluations will be what the coaches use to determine which team each player will be placed on.

Players will be evaluated based on a number of things, including but not limited to the following criteria:

- Attitude, work ethic, timeliness, and preparation
- How the coaches feel a player will positively or negatively affect team chemistry
- Energy, effort, enthusiasm, and communication ability on the court
- Consistency and volleyball skill level, athleticism, physical condition, and physical abilities
- Ability to listen and focus on the task at hand, as well as ability to receive and accept all coaches feedback, including volunteers
- Leadership qualities
- How the player treats other players in the program

Players will be placed on teams based on the above factors, but also based on other considerations such as the number of other players with similar skill sets that may also be available for the same team. The number of the players that end up being placed on each team may vary year by year. For example, one season 12 players may make up the Varsity Team, but another season only 9 players may make the team, depending on the factors above. If a player is sick or injured and can't participate in tryouts, the coach may evaluate that player based on past performance and player history, or the coach may invite the player to join a couple of practices after the official tryouts are over and evaluate them at that time. The coaches have the final say in this matter and will put teams together that they believe have the best chances to grow together, support each other, work hard, improve, and have the best chance to reach their full potential as a team.

Tryout Process

Try-outs begin on the first day the Wisconsin Interscholastic Athletic Association (WIAA) allows us to begin. Because the volleyball season is so pressed for time, our try-out schedule and practice times are set well ahead of time and are demanding. We ask that families respect the schedule and arrange as many appointments, trips, etc., around the volleyball schedule. Schedules are available in the spring of each school year on the *Volleyball* page under *Athletics* on the district website.

It is **highly recommended** that players wishing to play high school volleyball participate in the off-season and summer strength and conditioning program, as well as play and practice their skills as much as possible over the summer. Many opportunities to improve (skills nights) and summer camps allow players to do this. Players having versatility and athleticism are very valuable, so continuing to improve skills whenever the opportunity arises is beneficial!

Our philosophy is that players should be on a team in which they will have an opportunity to participate fully. Because of this, the coaching staff may move players from team to team so that

they have “match” experience during the season. Their opportunity to participate is determined through evaluation of attitude and performances during practices, scrimmages, and matches. Playing time at the C team level will be more equal, but will be dependent upon position, effort and attitude, both in practices and games. Playing time at the JV level will not be equal, but instead is determined more on performance and how one contributes on the court. At the varsity level, the level of competition, each player’s individual skills, and the ability to consistently contribute to the team’s success will determine playing time. Generally speaking, the higher the level of the team, the more competitive it will be to have playing time.

Volleyball Program Webpage

All information regarding the C-W Volleyball program will be posted on the *Volleyball* page under the *Athletics* tab found on the district website. You are encouraged to check this site often to be sure you are up-to-date with all the team events, summer camp opportunities, summer league and other information.

Communication Methods & Parental Communication Guidelines

Communication is very important between the players, coaches, and parents, and is instrumental in the overall experience.

Chetek-Weyerhaeuser Volleyball Communication Methods

You will be able to find practice and game schedules on the *Calendar of Events* found on the district website as well as on the Volleyball page. Please remember that schedules are subject to change. Coaches will also use the Reminder App for communicating with players and about important, upcoming events or deadlines. To get notifications through the Reminder App:

- Player should text the number 81010 and in the body of the message type @CWVB ●
- Parents should text the number 81010 and in the body of the message type @CWPAREN

Parents and players can communicate to the coaching staff (or make an appointment for an in-person meeting if necessary) by email or phone. The contact information for the coaches of each team can be found on the front page of this handbook.

Parent Communication Guidelines

1. Parents have the right to know whether or not their child is adequately cared for and protected. Any questions regarding health and safety or the treatment of their child are encouraged.
2. Parents should communicate with the coaches regarding any scheduling conflicts well in advance.
3. Parents should feel comfortable asking about ways in which the coach feels their child can improve.
4. Parents may communicate with coaches if there are concerns about the child’s behavior. 5. Parents should NOT communicate with a coach regarding playing time, game strategy, or other members of the team.
6. Players, however, MAY communicate with the coach regarding playing time, game strategy, and teammates if they:
 - a. Have spoken with a captain or assistant coach before bringing concerns to the

head coach. Often times the captain or assistant coaches can provide a different perspective on things and can possibly defuse the situation. If the concerns are about an assistant coach, the player should speak with the captain or Head Coach about the situation

- b. Schedule a meeting before or after practice. The Athletic Director will attend these meetings if requested by coach

Travel Policy

The district is responsible for all members of the travel party from the time of departure until the time of return. Athletes, managers, etc., must ride to and from events in school-provided or authorized transportation unless extenuating circumstances occur. At the coach's discretion, a sign-in sheet may be provided and used to allow athletes to leave with their parents instead of traveling home in a school-provided vehicle. All athletes are encouraged to ride the bus back from a competition with the team, but the coaches understand that logistics sometimes complicate this issue.

Students must leave the premises with their own parent/guardian. If a student wishes to leave without their own parent/guardian, it must be pre-approved through the Athletic Office. A Transportation Release form must be on file in the Athletic Office and shared with coaching staff.

Athletic Recognition Guidelines

A recognition program to honor the athletes and managers will be held at the conclusion of the volleyball season. Coaches from the various levels will present respective awards, unless circumstances beyond the coach's control make it impossible for him/her to attend. All players in the Chetek-Weyerhaeuser High School Volleyball Program are strongly encouraged to attend. Athletes not in attendance are responsible for making arrangements with the head coach to receive their awards.

Requirements for Varsity Lettering Awards

1. Any player that started in at least one varsity match may be awarded a letter.
2. Any senior that has been in the program for four years may be awarded a letter, even if she didn't start a varsity match.
3. Any player that made a significant contribution to the team or had an outstanding performance in a varsity game may be awarded a letter, even if she didn't start in any varsity match. The coach will determine what defines a "significant contribution" on a case by case basis.
4. A player may be awarded a letter based upon a coach's recommendation if an injury prevented the athlete from competing and meeting one of the other requirements.

Captainship

It is up to the coach of each team to determine how they would like to select team captains for their team. C-team and JV may have a different approaches for selecting captains than Varsity. Captains may be changed from game to game, week to week, or may remain the same for an entire season.

An example for selecting Varsity Captains may be:

Prior to the beginning of the season, returning varsity players and all seniors will be given the opportunity to vote on varsity captains for the upcoming season. The coach will use the results of the voting as one of the considerations when choosing the captains. The candidates to be voted on for captain will be selected by the coach. Typically the candidates selected may include the following:

- Incoming seniors who were on the varsity team at the end of the previous season (based on the coach's discretion and other possible conditions determined by the coach) ●
- Returning varsity players, seniors or otherwise, who have shown great leadership and captain potential in previous years
- Incoming players, seniors or otherwise, that the coach feels have the potential to provide great leadership

Another example for selecting Captains may be:

At the end of each week of play, the players on the team will vote for two people they feel earned the Captain position that week and explain the reasoning for their selection. The two teammates who receive the most votes will have the honor of being Captain the following week.

Preparing for Competitions

In General

Make sure to have uniforms, knee pads, shoes, socks, water bottle, and anything else needed for the competition.

Players are expected to find time to prepare themselves to compete. Things like stretching, getting taped, and other physical or mental preparations should be managed and arranged for each player individually based on her own needs and done outside of the designated, timed warm-ups.

Regular Season HOME competitions

VARSITY PLAYERS

Varsity players are expected to set up all nets and equipment in the gym(s) for any C and JV competitions right after school. Every varsity player is required to help set up, unless they have specifically received permission from the Varsity head coach.

After setting up the nets, the Varsity players must make sure they have all of their uniforms and gear for the game, and then may leave the school, and get something to eat for their pre-game meal. Varsity players need to be at the gym before the start of warm-ups for C and JV games.

Coaching staff will decide what players will be watching/assisting with games. **C and JV PLAYERS**

Players need to be dressed and in the gym 30 minutes prior to the start of time-ed warm-ups unless coaches communicate otherwise. Players are expected to stay and watch the Varsity match and assist with stats/video throughout the season.

Away Competitions

When the team travels as a visitor to a different school for a match or tournament, there are a few expectations that need to be remembered.

- Players are expected to represent our community and our school well. Players must be on their best behavior
- Players are expected to stay together with the team at all times, even if parents are there
- Players should be on the bus five minutes before the scheduled departure time
- All players should turn in their phones when loading the bus, unless they have specifically received permission not to
- Players are expected to be tidy and respectful of host school's facilities—locker room, etc. Varsity captains are responsible for being the last ones to leave the locker room to be sure it is cleaned up
- All players need to take an active role in making sure that the bus is clean and no garbage or trash has been left

Competition Expectations-Regular Season Matches

No electronic or mobile devices are allowed on the bench, and no players should be on devices in the bleachers during competitions. Coaches will usually allow devices to be used in the locker room for those players that enjoy using music to help prepare for the match.

Varsity players are expected to split up and rotate watching and assisting with C and JV matches. After the first set of the JV match is finished, Varsity players will go get dressed. Once everyone is dressed, the players will gather somewhere quiet for a short pre-game meeting with the Varsity coach. After this pre-game meeting is finished, the coach or captains will run the Varsity players through a quick stretch and physical warm-up session. Once finished with this warm-up, if there is still time before the JV match is over, the players may head to the gym to finish watching the JV match.

C and JV players are expected to sit together as a team near the team benches during the varsity competition.

For away games, all C, JV and Varsity players are expected to gather their belongings, clean up their areas, change as necessary, and get to the bus to head home within 15 minutes after the conclusion of the Varsity Match. Many away games are on school nights and players often have homework to do after they get home and shower, so players should be mindful of their teammates and do their best to get ready to leave quickly after competition has concluded. All players must change out of their uniform before leaving home and away games.

Expectations for the Season

- Continue to focus on academic excellence to achieve the long-term benefits of being well educated.
- Develop lasting relationships based on trust and respect between coaches and players.
- Learn how to be a good teammate and put the needs of the team above our own.
- Establish team goals and learn how to be disciplined and focused while working towards those goals.
- Learn effective practice and performance behaviors and habits, and hold ourselves accountable to those standards.
- Increase knowledge of the sport and the strategies, concepts, and tactics necessary to be successful.
- Work hard. Never get out worked!
- Prepare to the best of our ability.
- Focus on the things we can control, such as communication, effort, and a positive attitude.
- Improve in the sport individually and as a team; peak at tournament time.
- Improve player confidence and mental toughness.
- Learn how to compete for the love of competition.
- Learn how to compete with the goal of self-improvement and the goal of challenging OURSELVES to improve without worrying about outcome or fearing failure.
- Positively affect the lives of the people that we have the opportunity to interact with on a day to day basis with kindness, generosity, respect, a contagious enthusiasm for life, and a commitment to excellence in everything that we do.

Player Code of Conduct

- I will do everything in my control to always be on time
- I will manage my time so that I can meet and exceed my goals in other important areas of my life while fulfilling the commitments I made when I decided to join the Chetek-Weyerhaeuser Volleyball Program
- I understand that in order to meet expectations in important areas of my life such as family, religious, and school related obligations, while still fulfilling the requirements of the C-W Volleyball Program, there may be times I need to make a sacrifice in other areas, such as time with friends or other social engagements
- I will refrain from using any illegal substances
- I understand it is an honor to be part of this team. My choices, behavior, work ethic, and attitude ultimately determine whether I have a positive or negative experience
- I promise to give my coaches and teammates the benefit of the doubt when choosing how to interpret comments or actions that may not have been communicated clearly
- If necessary, I will be willing to maintain a positive attitude and sacrifice what I want for what my coach thinks is best for the team, even if I completely disagree with the coach's judgment, strategy, or opinions. I will remain 100% coachable even when I disagree with the coach
- I understand that my coach alone will determine who plays and starts in competition. Those decisions may be based on many factors, including but not limited to my playing ability, my athleticism, my work ethic, my commitment to the team, my practice habits, my willingness to communicate with my teammates on the court, the way that I interact with my teammates in practice and in games, my leadership qualities, my coachability, my energy, my physical ability, my physical condition, my ability to listen, and my attitude in general
- I understand that if my attitude, choices, behavior, work ethic, and commitment to the team don't meet my coach's expectations, and if my coach believes that I am negatively affecting the ability of the team or other players on the team to be successful, I will need to make a change. Otherwise I may be taken out of a game, asked to leave practice, or in the worst case scenario asked to leave the team
- I will consider things that I post, share, or say on any type of social media platforms can have consequences that can negatively affect me, my family, my team, and my community
- I understand that being part of a team within the C-W Volleyball Program is a PRIVILEGE. Just because I was fortunate enough to make a team does NOT mean I am entitled to any playing time on the team. I know that playing time is EARNED, and I will work hard to try to earn playing time in games for my team. My attitude, behavior, and work ethic will not dependent on whether or not I start or get any playing time on my team

Athlete Signature Page

I am a student athlete that would like to participate on a C, JV, or Varsity team in the Chetek-Weyerhaeuser High School Volleyball Program. I have reviewed, I understand, and I agree to adhere to the C-W school-wide policies found in the Student and Athletic-Co-Curricular Handbooks as well as to the Chetek-Weyerhaeuser Volleyball Code of Conduct.

Additionally, I have reviewed the complete *Chetek-Weyerhaeuser High School Volleyball Handbook* and understand the rules, expectations, guidelines, responsibilities, and obligations that come from being part of the C-W Volleyball Program, and I accept them and pledge to make my best effort to adhere to them. I understand that my attitude, my behaviors, my work ethic, and the choices that I make will ultimately determine the amount of success that I have within the Chetek-Weyerhaeuser Volleyball Program.

Athlete Printed Name: _____

Athlete Signature: _____ Date: _____

Parent Code of Conduct Signature Page

I am a parent and/or guardian of the student athlete listed above that would like to participate on a C, JV, or Varsity team in the Chetek-Weyerhaeuser High School Volleyball Program. I have received and reviewed the *Chetek-Weyerhaeuser Volleyball Handbook*. I understand the rules, expectations, guidelines, responsibilities, and obligations that my daughter will be expected to adhere to if she is a part of the C-W Volleyball Program, and I plan to support my daughter in this effort.

I have read, understand, and agree to adhere to the parent communication guidelines. I will never question or confront coaches at a practice or competition. I will remember my daughter is participating for fun and that this experience is for her and her teammates and not for me. I will focus on being a good parent to my daughter and leave the coaching to the coaches.

I will encourage my daughter to treat other players, coaches, officials, and spectators with respect, and I will do the same. I will promote the well-being of all student athletes and the team ahead of any personal desire that I may have for my own child. I will not encourage any behaviors that could endanger the health and well-being of any student athletes.

I understand that the coach may not see things the same way that I do when it comes to decisions on playing time, game strategy, player positions, practice habits, or other factors that may affect the level of success that team has. However, I understand that if I exhibit a negative attitude towards the coach or other players in front of my daughter, it will only make her experience more negative, and my attitude/behavior may make it more difficult for her to live up to the code of conduct that she agreed to adhere to in order to be part of the Chetek-Weyerhaeuser Volleyball Program.

Signature Page

Parent/Guardian 1 Printed Name: _____

Signature: _____ Date Signed: _____

Parent/Guardian 2 Printed Name: _____

Signature: _____ Date Signed: _____