

Evergreen High School Girls Volleyball 2018- Team Handbook

Behavior Expectations

- Be a positive leader! You will represent your school and team with professionalism and class.
- Presume positive intentions. Support your teammates and assume that they have the best intentions in being a great teammate and player! Do not exhibit a negative attitude that may be detrimental to the team and our Evergreen student community. Communicate in a positive and encouraging manner.
- Treat all coaches, officials, spectators, teammates, and players with respect and courtesy.

Academics

- Academic achievement is a priority. We believe that a great work ethic in the classroom will translate to a great work ethic on the court.
- Evergreen High School does a weekly eligibility grade check. Teacher's grades are pulled from their grade book by the athletic secretary on Tuesday afternoon and shared with coaches and the athletic director. Students should be checking their grades regularly, but will have a chance to check their grades every Wednesday during morning Access time. A final eligibility report will be pulled on Friday afternoon. Any student athlete failing any classes at this time, is ineligible for playing or traveling with the team the following week: Monday through Saturday.
- Ineligible student athletes may go to practice and games but may not miss any class time to attend games. If student doesn't raise their grade within two weeks, the athlete will study during practice, until the grades are raised. Please arrange for a time with your teacher(s) if you need additional help in a class.

Absences

- Players are expected to be on time to every team function. This includes, but is not limited to: practices, games, meetings, team workouts, team dinners and any other scheduled team function.
- In the event a player must miss a team function, the player must inform the coach beforehand or it will be considered an unexcused absence. Upon making the team, attendance at practice is mandatory and expected.
- Unexcused absences will not be tolerated and may result in disciplinary measures
- In case of an emergency situation, please notify the coach as soon as possible. Of course, our first concern is your well-being, but if possible, please let the coach know about your situation prior to the start of the practice or competition. Doctor appointments should not be scheduled during practices or weight lifting sessions. If you need to miss a team function due to a school related activity, you must notify your coach at least 1 week in advance via email.
- All athletes must attend ALL classes in order to compete in a game on game day. The only exceptions will be emergencies or appointments that have been pre-approved by the Head Coach.

Uniforms

You are required to wear a specific uniform for each activity. You are responsible for all equipment and uniforms issued to you. You will be charged the full replacement cost for all equipment or uniform that is lost, damaged or stolen.

- Practice and Performance Training: Team issued practice shirts or an Evergreen H.S. shirt and black or navy spandex or shorts.
- Competition: Bring both jerseys, jacket/sweatshirt, practice shirt and navy spandex.
- Game Day: Teams coordinate an outfit to wear to school and all athletes must participate. Teams should look uniform, especially when travelling for games.

Chain of Communication/Playing Time

• Playing time is NOT equal, at any level. Everyone will get the same amount of practice time. Therefore, everyone has the same opportunity to EARN their playing time. Our teams work as a unit, everyone has a strength and a role. If you think you deserve more playing time than you are receiving, you are required to follow these steps:

1. Approach your coach and discuss your specific concerns. Coach will outline your strengths and weaknesses and will write an email to your parents summarizing what was discussed. You must put these plans into action for two weeks before further action is taken.
2. If the situation has not been resolved, the parent(s) can email the coach and head coach to set up a meeting. The coaches and parents can meet to calmly discuss the situation.
3. After steps one and two are followed, the parent can then email the AD to schedule a meeting.

Parent Expectations

- Parents will respect players, coaches, and officials at matches. You are there to support and cheer for the EHS players. Any harassment or taunting of competing teams, coaches, or officials will not be tolerated, and dealt with by the athletic director

Protocol for Home Matches

- All athletes stay for all home matches. Level 3 and 4 teams are responsible for two-court set up in the main gym. JV and Varsity teams are responsible for one-court set up in the main gym.
- Varsity is responsible for the following items during Level 3 home matches:
 - Scorekeeper (book) - Scoreboard - Libero tracker - 2 Line Judges - Statistics
- JV is responsible for the following items during Level 4 home matches:
 - Scorekeeper (book) - Scoreboard - Libero tracker - 2 Line Judges - Statistics
- Level 3 is responsible for the following items during Varsity home matches:
 - 3 Person Ball Rotation - Libero tracker - Videography - Statistics
- Level 4 is responsible for the following items during JV home matches:
 - 3 Person Ball Rotation - Libero tracker - Videography - Statistics

** Athletes are expected to participate in all aspects throughout the year, please keep an eye on the schedule.

Protocol for Away Matches

- Snacks will be provided by the booster club for away matches. It is also a good idea to pack a healthy snack as well.
- Please plan ahead and utilize your free periods and bus rides to complete your homework. You will not be dismissed from school work for competition.
- Traveling to and from matches: Players are required to travel to away games with the team. Athletes are allowed to leave the gym after their match is complete and the team is dismissed by the coach, but staying to support the other EHS teams is highly encouraged. A player may ride home with a parent, family member or other adult (with parent approval) but must sign out with their coach.
- If your team is not participating in an away match, you are required to attend practice.

Expectations

The Evergreen Volleyball Program stands for integrity, character, and excellence. Being a member of an Evergreen volleyball team is a privilege, and there are responsibilities that go along with this privilege.

- Athletes are expected to represent the community, district, school, families, and friends in a positive and respectful manner. Athletes will treat coaches and other athletes with respect.
- Athletes will exhibit a positive team and inclusive attitude throughout the volleyball season.
- Athletes will communicate openly with coaches.
- Athletes will follow the team rules, including mandatory attendance at practices and matches
- Athletes will abide by the athletic code in its entirety.
- Athletes will turn in all uniforms and equipment at the end of the season at the specified time and in good condition.

