

**PLAYER AND PARENT
POLICY MANUAL
RED ROBIN
VOLLEYBALL 2019**

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COACHING STAFF:

Varsity: Coach Jesse Knetter jknetter@antigoschools.org	JV:	JV2: Hannah Oxley hoxley@antigoschools.org	
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ANTIGO VOLLEYBALL MISSION:

The Antigo High School Volleyball Program is dedicated to providing its athletes with the technical, tactical, physical and mental training needed to reach their highest potential as a volleyball player. The staff will respect each player as an individual, keeping their personal welfare as the highest priority and will promote a “team-first” mentality. Antigo Athletics promotes honesty, integrity, commitment and hard work as the foundation of our reputation and success. The players who participate in our program will experience the meaning of teamwork, self-discipline, goal setting, personal responsibility, achieving high standards and the excitement of individual and team achievements.

CO-CURRICULAR CODE:

The District Co-Curricular Code will be strictly adhered to. If you do not have the form signed and turned in on the first day of practice, we expect that you have not read it and do not agree with the code. You can't practice or play without it.

EXPECTATIONS OF PLAYERS:

ACADEMICS:

Academic priorities come before volleyball. You are student-athletes. The Co-Curricular Code clearly states the academic requirements for students. Please read this carefully.

CHARACTER:

All volleyball athletes are representing the program at all times. You represent Antigo School District and you will uphold our standards of **integrity, commitment, politeness, and respect**.

“Character is who you are when no one is looking”

ATTENDANCE:

All players are expected to be at every practice, every game and every tournament.

- If there is a valid reason for absence, a note will be required to prove your other commitments. If you feel you need to miss practice, you will be expected to communicate with a coach prior to the missed practice.
 - We will not accept other student's reasoning for you not being at practice. Without prior notice, absences will be unexcused and will have consequences as coaches see fit.
 - As stated in the Co-Curricular Code: *“A student must attend every class each school day if she is to participate in practice/game/activity that same day. Excuses for funerals or medical appointments must be approved by the building principal or his designee prior to the absence”*

PERFORMANCE:

Each athlete is expected to come to practice ready and on time. Being on time means you are dressed and ready for warm-ups at the exact minute practice begins. This means full water bottles, nets up, kneepads on, shoes laced etc.

- Athletes are expected to give their best effort every day.

EXPECTATIONS OF PARENTS:

Parents are expected to motivate and encourage your daughters and their teammates from each grade level in a positive manner at all events. Parents will treat all players, coaches, other parents, school personnel, competitors and referees with respect. Parents are responsible for their girls to be in practice on time if the girls cannot drive themselves and to pick them up promptly after games/practices.

- *It is voluntary to become a part of the Antigo Volleyball Booster Club that helps provide the girls with the equipment, jerseys, hotel stays and tournaments we participate in. Any parental involvement and support is much appreciated. We wouldn't have a successful program without it.

All parents wishing to confront coaches about coaching/playing time are expected to follow the 24-hour contact policy that is stated on page 6.

PHONE POLICY:

The WIAA prohibits the use of cell phones in locker rooms.

HOME GAMES/PRACTICE:

- Phones will stay in backpacks inside of lockers in the locker room.
- Phones must not be out of a locker at any time. (This includes when music is being played.)
- You must ask permission from your coach to use your cell phone.
- Teammates are expected to hold each other accountable and value the integrity of the program and this policy, or you will also be violating this policy.

AWAY GAMES:

- Phones must be put away 30 minutes prior to arrival.
 - Use this time to talk with your teammates, focus on the game and enjoy the memories you will be making as a team.
- Phones must stay in backpacks until students are back on the bus after all matches.
 - This means phones stay in backpacks while you are on the stands during the Varsity match and vice versa.

Coaches will be using the Remind 101 App to keep all parents informed with necessary updates, please subscribe by texting @7d7gkk to the number 81010

INJURY POLICY:

Volleyball has the risk of injury. There will be aches and pains along the way; players are expected to play through their aches and pains but will not be allowed to play through an injury! It is important that athletes know the difference.

An injury that will result in damage of any part of the cartilage, tissue, bone and so on will be treated as such and will need to be addressed by a doctor as soon as possible.

- Coaches and players will strive for injury prevention at all times
- An injury report will be filled out and sent to proper institutions and personnel.
- Injured athletes are responsible for coming to practices and games as if they were not injured. Injury does not end your season with the team even if you cannot play. You are still a part of the team and will act and be treated as such. This includes scheduling associated appointments around our volleyball schedule.
- Injured athletes must present coaches and athletic office with a note that clears them to play before she can resume practice/games.

DRESS CODE:

1. All athletes are required to wear t-shirts that do not show the bottom of the sports bra during practice.

- a. Cut offs are permitted, but will not be tolerated should the athlete's skin be seen from the armholes. You will be asked to change
2. Spandex that are too short or too tight are not permitted
 - a. If you cannot wear your spandex without pulling on them to keep your bottom from showing, it is inappropriate
 - b. You will be asked to change immediately if we see any inappropriate skin showing, even if it means changing back into your jeans
3. Kneepads are preferred at practice, as it is safety precaution
4. All girls must wear the uniform the way it is intended to be worn
5. No jewelry is permitted at games or practice. No nose rings, tongue rings or belly rings. You must take these out no matter if it "shows" or not.

TEAM SELECTION:

Tryouts will consist of 3 sessions within three days. Teams will be determined by the end of day 3. Coaches will be observing players in a variety of scenarios, drills and game settings.

Coaches will be making team selections based on an analysis of the qualities needed in a successful student athlete. These include but are not limited to: academic eligibility, attitude, effort, coach-ability, team mentality, character, consistency, mental and physical strength, offensive skills, defensive skills and knowledge of the sport.

Team selections will be open to the following grades based on the qualities listed above:

Varsity: Athletes in grades 9, 10, 11 and 12 with the most advanced skills, abilities and knowledge of the game in order to obtain the GNC Championship and state tournament success.

JV: Athletes in grades 9, 10 and 11 with an intermediate level of skills who will improve with more playing time

JV2: Athletes in grades 9, 10 and 11 with a beginning level of skills who will improve skills with more playing time

- o The coaches can enforce cuts as they see fit for grades 10, 11 and 12 at tryouts. Team selections after tryouts will be fluid and athletes may be moved up or down based on what is best for the team and individual athletes.

PLAYING TIME:

Playing time will not be discussed with parents unless the athlete is present and the 24-hour contact policy is utilized. Playing time is never even. Varsity will strive to win the GNC Conference Championship and the State Title. JV teams will strive to improve all skills, knowledge and applications in order to become the best players they can be.

Varsity: No equal playing time. All girls will play at some point in the season, but playing on a game day is **NOT** a guarantee.

JV, JV2: No equal playing time, though all girls will see the court each match. All athletes will get a chance to improve in a game setting.

- Athletes may be asked by a coach to play at a higher level at any point in the season to better the athlete and team.
- Athletes may be asked by a coach to play at a lower level at any point in the season to better the athlete and team.

24-HOUR CONTACT POLICY:

IT IS EXPECTED THAT THE ATHLETES COMMUNICATE WITH THE COACH FIRST WITH ANY QUESTIONS OR CONCERNS. Athletes may always come to the coaches the following day or later about anything before or after practice without waiting 24 hours.

All parents are expected to follow the 24-hour contact policy if they wish to confront a coach about coaching decisions or playing time. This means waiting 24 hours after tryouts, a game or tournament to contact the coach.

- o You may email or use Remind101 to text the coaches your concerns the day after tryouts, a game or tournament, and we will set up a face-to-face meeting to discuss any concerns with the athlete present as well. Playing time will not be discussed over the phone, e-mail or Remind 101.
- o The coach also reserves the right to follow the 24-hour contact policy by waiting up to 24 hours after tryouts, a game or tournament to contact you and set up a face-to-face meeting with you, your daughter and other coaches if this policy is not followed.
 - o *It may take more than 24 hours after your initial concern to find a meeting time that works for all involved. Please be considerate of scheduling challenges during a busy season.

This policy is in place to put athletes first and to ensure all discussions are happening in a composed, discreet atmosphere out of respect for all parties involved.

DISCIPLINARY ACTION:

COACHES WILL USE THE FOLLOWING DISCIPLINARY STEPS WHEN ANY PART OF THESE POLICIES AND/OR EXPECTATIONS ARE BROKEN:

STEP ONE: VERBAL WARNING - Given by coach to player. Document incident.

STEP TWO: 2nd VERBAL WARNING - Given by coach to player. Document incident. Contact parent.

STEP THREE: SUSPENSION –Coach will inform player she is suspended for a set period of time as determined by the coaching staff and Athletic Director.

** Any further action will be dealt with on an as needed basis.

**Upon coaches discretion, steps may be skipped to assess appropriate actions.

You must sign and turn in the contract on the next page before the 2019 season. It states:

I have read the Player and Parent Policy Manual for the 2019 Volleyball Season. I understand, agree to and will abide by the policies stated within this manual to uphold the standards set by the Antigo Volleyball Program.

CONTRACT:

I have read the Player and Parent Policy Manual for the 2019 Volleyball Season. I understand, agree to and will abide by the policies stated within this manual to uphold the standards set by the Antigo Volleyball Program.

Player Name (please print) _____

Player Signature _____

Date: _____

Parent or Guardian Name (please print) _____

Parent or Guardian Signature _____

Date: _____