

# Deer River Warrior Volleyball

2008

2009 Handbook

(Revised August 08)

**WOLLEMBALL**



# Deer River Volleyball Team Rules and Policies (Revised August 2008)

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### 1. Introductory letter.

Dear parent, student /athlete/ volleyball team member:

This handbook is written with the intent to make you aware of the many different situations that may occur in the volleyball program and need to be addressed from time to time. The best way to handle these situations when they arise is to have concise rules and consequences written down so everyone knows what is expected of them. As the head coach I expect all team members and parents to follow this handbook. I also ask you as parents to support this handbook, thus the volleyball program at DRHS.

I also would like to commend you on encouraging your daughter to participate in an athletic endeavor. We know the benefits of athletic competition. Now that you and your daughter have chosen volleyball as the sport of this season, I will tell you that my coaching staff and I will do everything possible to make your daughter the best volleyball player she can be. How well this handbook is understood and followed will directly effect the enjoyment that she and yourself get from this season.

**Please read this thoroughly.** I know it is long, but it is important that you understand where we are coming from. Feel free to contact me if there are questions regarding this handbook. You may call at my home or call the school and leave a message and a number where I can reach you. I will return your call as soon as I can.

I look forward to seeing you at the matches. Remember how important it is to your daughter that you are there to support her, her teammates and the Deer River Volleyball program.

Sincerely,  
Mrs. Boyum-Erzar

### 2. Coaching Staff.

Varsity	Connie Boyum-Erzar	327-2310	wk 246-8241 ext/ 216 LR or 240 Health Room 204 cell 259-1185
B-Team	Tina Bonestell	246-9738	cell 929-7436
8th Grade	Lori Pehrson	246-9692	cell 259-6513
7th Grade	Denise Ott	246-2265	cell 244-4187

### 3. Philosophy.

I find it difficult to start with one particular statement for fear that it will be considered the number one priority in the Deer River volleyball program. Many of the statements that I will make in the following paragraph have **equal worth and merit**. Therefore I will just list the important ideals that I believe in for the volleyball program. One thing I am sure of is, that no matter how hard I work to make ideals come to be, there is always a chance I will fail. I will work very hard to not let that happen. My teams:

- Play to win with in reason.
- Play for fun and enjoyment of competition.
- Will represent our community and school as good sportswomen.
- Will present themselves as dedicated athletes.
- Will be committed to the team and program
- Will have players who are honest, hard working and positive.
- Will be determined to do their best, even in defeat.
- Will take pride in being a volleyball player at Deer River.
- Will learn how to take values learned from participating on an athletic team and put them to use in their daily lives now and in the future.
- Will feel good about themselves no matter where they are in the line up.
- Will play together as a team.

### 4. General Rules and Etiquette.

Some of the following rules and etiquette are marked with an "\*" . These have a consequence of some sort depending on the severity. Ex: pushups, laps, lunges circle drills. Some rules cannot be easily measured, therefore, do not carry a penalty, other than a verbal reminder.

- 1.\* Follow directions, immediately, the first time they are given.
2. You should never be forced to improve yourself. Try to become the best volleyball player you can be.
- 3.\* Be serious when you are on the court, for you are representing DRHS and our volleyball team.
- 4.\* There is no such word or thought of "I can't", only "I'll try", or better yet, "I will".
- 5.\* There will be no cliques, no complaining, no criticizing, no jealousy, and no excuses.
- 6.\* Have a good attitude. The coaches and other team members will not tolerate bad attitudes; it brings the whole team down. Think positive. Negative thoughts, only bring negative actions. Communicate your thoughts to your coach and your captains. Some examples of poor attitude are: showing excessive anger, talking back to the coach, yelling at teammates, and violent actions.
7. Think of others on the team. Do not dwell on yourself or get lost in self-pity. If you have something to say to help the team, say it, but say it constructively. If you can't say something constructive, do not say it at all, except constructive criticism. Correct your errors without incidence. Some examples are: showing anger, ignoring coach, and talking negatively. Learn from your mistakes.
8. Each team member must balance her time between school, home, volleyball and leisure time. Some sacrifices may need to be made to insure that the balance is allowing for a healthy individual who is committed to their family, education and volleyball.

## 5. School Attendance, Unsportsmanlike Conduct and Use of Mood Altering Chemicals.

- a. *Team members are expected to conduct themselves as good school citizens. Some examples of good citizenship, which are also school rules, are: (From DRHS Activity Handbook).*
- b. *Please attend classes each hour, each day on practice or match days. (As indicated in the DRHS Activity Handbook).*  
**1st Offense:** No practice (sit and watch), No match (suit and sit on bench).  
**2nd Offense:** 1st unexcused absence. No practice (sit and watch).  
**3rd Offense:** 2<sup>nd</sup> unexcused absence. Removal from the team for the remainder of the activity.
- c. *Please do not skip classes or school, be tardy to class, or fight. ISS or OSS as determined by principal. (As indicated in the DRHS Activity Handbook).*  
**1st Offense:** 1 unexcused absence. If one full day suspension, no practice or match (suit and sit). If more than one full day, no participation on all days of suspension and no participation in next scheduled event or match.  
**2nd Offense:** 2nd unexcused absence. player is removed from the team for the remainder of the season.
- d. *Please have good behavior in classes.*  
**1st and subsequent Offense(s):**  
Parent conference. Possibly, 2 circle drills and one game suspension (suit and sit).
- e. *Please use sportsmanlike conduct. Please refrain from swearing or other obscene language. Depending on severity. During practice: laps, removal from practice or one game or match suspension. During a match: removal from the game or match.*
- f. *Please do not use mood-altering chemicals or do not commit acts classified as misdemeanor or felony. (As indicated in the DRHS Activity Handbook).*

## 6. Practice Rules.

1. **All practices are required.** Official practice starts August 14th 4pm - 7pm for grades 9-12 and August 14th 4pm - 6pm for grades 7 and 8. You have made a commitment to the team. Team managers and statisticians will follow the same rules as the players unless directed to do otherwise by the coaches. There is no reason to miss practice **other than a personal illness, a family emergency, and a special pre-excused agreement between team member, parent and coach.** Some examples of **unexcused** absences are: **graduation pictures, hair appointments, other athletic events, ISS, OSS suspensions and detentions..** Parents are encouraged to schedule medical and dental appointments and vacations around practice and game times. Unforeseen events happen. It is common courtesy to the coach and the team to call the coach if something unforeseen happens. Any player having an a pre-excused or excused absence from missing practice the **night before a game** will not start that match. Any player having an unexcused absence from missing practice the night before a game will not play in that match. Any player who does not have an acceptable reason for not appearing for a match or tournament will be dropped from the team. Report illnesses from the day before to the coach at the beginning of practice or as soon as possible before a game. Team members must prearrange known absences to the coach as soon as possible. Messages sent by other players are not acceptable. Coaches may call upon parents and the high school office to verify any excuse.  
**Pre-excused absence = Player is expected to make up conditioning when appropriate. The next miss is a one match suspension and conditioning instead of removal from the team. 3 misses = off the team.**  
**-The consequence for breaking rule 1 is: 1 unexcused miss = 2 circle drills and/or other physical conditioning. 2 unexcused misses = team member will be dropped from the team.**
2. Be dressed, shoes on, knee pads on and ready to warmup every practice by 3:30. If you need to be taped, you must be ready on the stage or in the gym by 3:20 with all taping materials ready to go). If you are not on the court on time you will receive the following consequences: **5 laps immediately. Depending on reoccurrence. One game/match suspension.**

3. The team will **warm up** together. It is not a time to visit with your teammates.
4. Players should **never leave the floor** or go get a drink without permission. Bring your own filled water bottle.
5. Please use the **restroom before** practice starts.
6. All players should be **standing** at all times during practice unless told to do different.
7. When a **whistle blows** or a signal to stop and listen, do so immediately. Run to the coach or to the place that she asks you to go. Everyone hustles, no walking. Do not waste time in practice.
8. Once we begin **practice**, there is no talking about things other than volleyball.
9. **Conditioning** will be done at some point in every practice.
10. Team members are expected to **work hard** at all times. Some examples are: walking to a new drill, wasting time, and not doing a drill wholeheartedly. If you and your partner lose the ball during a drill, both players run to get it.
11. Learn to pick out the **coach's voice** in a crowd and always listen carefully to what she has to say.
12. Do not coach your **teammates**; this is the coach's job. Your job is to offer compliments, condolences, and encouragement. The coach will tell someone to hustle more or how to correct errors. When practice is stopped to correct one individual player, it is your job to listen to what is said so you will not require the same correction. When the coach is talking, players should be quiet. Do not bounce the volleyball, and do not talk.
13. **Jewelry** (except post earrings) cannot be worn in practice. Do not pierce your ears etc. shortly before practice and matches begin, as it is illegal to wear them in matches.
14. Players are not allowed to wear jewelry or hard plastic/metal hair apparel in matches.

## 7. Match Rules.

1. All general rules and etiquette will apply in the matches. Penalties will be the same.
2. Varsity members will be at the home matches by the B start. (Home matches start at 6:00) Team members will sit together in the bleachers and cheer on the B - Team.
3. B - Team and Jr. High teams will be at home matches in the locker room by designated time set by coach.
4. Varsity members will go to dress in uniforms in the locker rooms after the 2nd game of the B team match.
5. Varsity players must be dressed and stretched by 7:00 PM or 1/2 hour before the match is scheduled to begin. (some schools start their varsity match right after the B match.) some varsity matches start at 7:30)
6. B - Team and Jr. High team members are strongly encouraged to stay and watch the varsity match. Sit with your teammates and cheer. Hopefully, someday that will be you playing.
7. Managers as well as all other team members are responsible for equipment. Do your share.
8. If there are no available line judges, B - team members will take turns on a rotational basis to act as line judges for the varsity game.
9. B-Team players will be required on a rotational basis to take stats and videotape varsity matches. Those who choose to not adhere to these rules will have the following consequences:
 

1st offense -	2 circle drills after practice
2nd offense-	1 game suspension
3rd offense-	1 match suspension
4th offense-	Suspension from the team.

## 8. Team Selection.

Players will be selected by evaluating their skills, attitude, team play, and statistics. There is **no guarantee of playing time** on the varsity, B-team, or Jr. High teams. Skill, enthusiasm, desire, dedication, discipline, positive attitude in practice and games, and game situations and player positions will dictate players playing time. Players on the Jr. High teams will have equal opportunity to play according to the above criteria. The team selections will be made the first week of practice for A and B teams. An individual player may have talent that would warrant a jump to a higher-level team. This will be done according to the above criteria. Numbers of players wishing to play volleyball in any given year may warrant cuts. We will not cut in the junior high if a player is following team rules etc. All junior high players (grades 7 and 8) must be in practice no later than the first Friday following the first day of school. A player must have 10 practices (or the determined amount prior to the first match) in before they can play in the first match. Example: 9 days of possible practice before first match of the season.

## 9. Locker Room Rules.

Each player is responsible for her own personal items left or used in the locker room. Any possessions lost in the locker room will not be the fault of the coach or the school. This rule applies to away locker rooms also. Valuables may be given to the manager to keep until the game is over. No admittance to the locker rooms by B-team or Jr High teams after post game talk of varsity match. Get your belongings after your own game, before the end of the match or after the post-game talk.

Varsity members will use the team locker room for storage of personal items. B-team and Jr. high teams will use assigned lockers in the main locker room. School physical education combination locks will be issued for those lockers when locks and lockers are available, however the locks must remain in the Deer River locker room.. Locks from home may be used if the combination and serial number of the lock are recorded with Mrs. Boyum-Erzar. Please be responsible for your personal belongings...LOCK YOUR LOCKER.

## 10. Eligibility.

1. All team members are to adhere to the Deer River High School Volleyball Handbook of Rules, the Deer River High School Activity Handbook and Minnesota High School League rules on eligibility. Team members and parents are required to review all three handbooks.
2. If a team member chooses to quit during the season she will not be allowed to return to the team in subsequent seasons until the following criteria is met:
  - a. A conference with the team member's parents and coaches will be held to discuss terms, which may allow the athlete to return to the program. The final outcome will be the decision of the coaching staff.
  - b. The team member must express a sincere desire to be a part of the volleyball program and be willing to adhere to all the rules established in this handbook.
3. If players do decide that they no longer want to be on the team, they should come and personally talk with the coach.
4. If a player becomes ineligible because of a MSHSL rules violation that player(s) will also jeopardize their chances for awards and honors. See section 19.

## 11. Training Rules.

These rules are difficult to monitor, so we ask that the parent take part in the responsibility for their daughter's nutrition and health.

1. Eat breakfast, lunch and supper.
2. Foods should exclude pop, candy, caffeine, popcorn and chips.
3. Foods should include moderate carbohydrates, low fats. Ex: pancakes, spaghetti, lean meats, chicken, fish, fruits and vegetables.
4. Sleep 8-10 hours per night.
5. Drink 6-8 glasses of water (or combination of water and fruit juices) per day.
6. Time should be set aside for homework and studies every night during the week.

## 12. Hours (curfew).

1. The coaching staff may call at home to verify if the athlete is home.
2. On school nights each team member should be home by 9:30 PM.
3. On nights before a game or tournament each team member should be home by 9:30 PM and sleeping by 10:30 PM.
4. On Fridays that do not precede a game, and Saturdays, the team member should be home by 12:00 midnight.
5. Team members who choose not to abide by these rules will have:  
**Consequence:**  
**1st offense:** One game suspension.  
**2nd and subsequent Offenses:** One match suspension.

### 13. Selection of Captains.

The varsity team will elect two or three captains. The captains may be chosen from the 11th and/or 12th grades. They should be selected on the basis of their leadership skills as well as those qualities mentioned in handbook on etiquette, citizenship and team selection. Captains usually direct preseason captains practice and lead various drills and /or warmups. The captains are role models for younger players. They should be selected with that in mind. If a captain has violated a MSHSL rule their captainship is in jeopardy. The team will revote on the captainship. A captainship is an honor that is voted on by the team and can be taken away by the team. The coaching staff is a part of that decision.

### 14. Use of School Equipment.

Team members will be issued a uniform(s) top(s) and bottom(s) and/or warm-ups. It will be recorded and must be turned in and checked off at the end of the season. Each team member is responsible for purchasing their own kneepads. Kneepads are required. Each team member is responsible for the care and cleaning of these equipment items. **\*\*When washing these items you must wash with like colors to avoid discoloring of light colored equipment. Do not use bleach products. Spandex clothing (All team tops and bottoms) is required to be washed in cold water and line dried.**

### 15. Off-Season Training.

Off-season training is the training that is done after the season has officially ended sometime in November. As a coaching staff we cannot require team members to attend camps, open gyms, league play, junior olympics and weight training. However, we do strongly encourage the participation in those opportunities. In order to be the best volleyball player that is possible for you, you need to spend more than just the in-season time. This will also help keep DRHS volleyball strong.

### 16. Varsity Lettering.

A player must participate in **one-fourth** of the total number of games played in the season. An exception would be if in the case of an extended season in playoffs. In addition, she must attend practices and exhibit attitudes and behavior toward other team members and the coaches that help to create good team spirit and rapport. Managers and Statisticians must put in one full season before lettering the second season. Any player who does not finish the season with the team will not letter. Team members who letter will be asked to attend the letter winners banquet in the spring of the year to receive their letter.

### 17. Travel Rules.

1. The bus or suburban for away games will leave on schedule, with or without you.
2. Do not be late. Once you are on the bus, stay on the bus. No running back and forth to the school or elsewhere. Get all necessities taken care of before you get on the bus or suburban.
3. Be in your seat at the time the coaches are counting players. The bus leaves as soon as the count is done.
4. There will be no radios or tape players allowed on the bus.
5. There will be no hair spray, perfume etc. used on the trip.
6. There will be no loud talking, yelling, and laughing that does not pertain directly to the game.
7. Each player is responsible for cleaning her seat and surrounding aisle.

#### **Consequences:**

**1st Offense:** one game suspension or 1 circle drill the next practice.

**2nd and subsequent offenses:** one match suspension.

## 18. Dress Code.

1. All team members are expected to dress in a manner becoming to respectful young women. Appropriate practice clothing is essential to the safety and well being of the athlete. T-shirts, and nylon or spandex shorts are appropriate. Sports bras alone or other like tops and jeans and non-sports like bottoms and tops are not appropriate. "Dress up" clothing on game days, including skin and hair are an important part of this concept. Therefore, we will prohibit any negative skin and hair markings, ie. hickeys, tattoos, skin piercing, and unnatural coloring of hair. Any player not in compliance with this rule will not wear a uniform until the problem is resolved.
2. On game days all team members will be required to "dress up". No blue denim jeans will be permitted unless it's part of the team wear. Team uniforms will be clean, neat and long shirts tucked in. Team game uniforms will be tucked in before exiting the locker rooms.  
**Consequences:**  
**1st offense: one game suspension or 1 circle drill the next practice.**  
**2nd offense and subsequent offenses: one match suspension.**

## 19. Team Awards and Honors.

Being a member of the volleyball team in Deer River is a privilege and an honor. As a team member you have to be responsible and accountable. The community and youth in the community look for team members to be good role models and citizens. Therefore, the honors that may be awarded to a player as they go through the program may be in jeopardy if the player is not following the rules and not acting in a manner conducive to a good citizen. The following are some of the awards and honors that a volleyball player in Deer River could receive:

**Volleyball Letter**, (earned by 1/4 of games played)

**Captainship**, (voted on by the team)

**Team Records and Awards** (earned and voted on)

**Northern Lakes All Conference**, (nominated and voted on)

**Minnesota Volleyball Coaches Association All State Academic**, (nominated and awarded)

**Minnesota Volleyball Coaches Association All State Honorable Mention or All State**, (nominated and voted on)

**Minnesota Volleyball Coaches Association All Star Match**, (invitation)

**Duluth News All Area 1st or 2nd Volleyball Team** (nominated and selected by news writers)

**Duluth News Volleyball Player of the Year** (nominated and selected by news writers)

**Other State and Local News Recognition WCCO, Star and Tribune** (nominated and selected by news writers)

**Local Scholarships** (nominated and selected by local chairs)

**Senior Award at Athletic Banquet** (earned)

**College Scholarships** (based on ability, recognition and collegiate need)

**MSHSL violation of rules consequence:**

**1st offense:**

Letter - received if they earned it at coaches discretion -team discussion and/or vote

Captainship - revote by the team and coaches

All Conference - Coach's discretion for nomination -team discussion and/or vote

All State Academic - Coach's discretion for nomination -team discussion and/or vote

All State - can not nominate if the player has a rules violation

All Star Match - cannot play in if not All State

News Writers Awards - Coaches' discretion for nomination -team discussion and/or vote

Local Scholarships - can not nominate if the player has a rules violation

Senior Award - can not receive if the player has a rules violation

**2nd offense during the season:**

Forfeit all awards and honors

**21. Parent/Player Form.**

I \_\_\_\_\_ have read the volleyball handbook for 2008 - 2009  
and will do my best to support the DRHS coaches and my daughter \_\_\_\_\_ as she plays this season.

**\*Note: This form must be returned by Friday, August 22nd. Your daughter will not be allowed to play until this is turned in.**