



HUMILITY - PASSION - UNITY
SERVANTHOOD - THANKFULNESS

Volleyball Handbook

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TEAM GUIDELINES

It is a privilege to be competing in a sport that you love. As a representative of the varsity and junior varsity volleyball team, you must conduct yourself in such a manner that you will bring credit to yourself, your teammates, and Northmont High School. You have an obligation to portray this as a quality, first-class program to everyone you come in contact with, both on and off the court. Take pride in being a member of the Northmont High School Volleyball Program.

ACADEMICS

Pursuing excellence in the classroom is just as important as it is on the court. We expect you to approach your academics with the same intensity and discipline that we strive for in the gym. Strive for academic excellence; ask your teacher and peers for assistance when necessary. **Academic failure will not be tolerated, so open up the books, finish your assignments, and seek help when necessary.**

PRACTICE

Practice is your time to learn, experiment, and prepare for competition. Work to improve every part of your game and become stronger physically, mentally, and emotionally.

Practice is your time to prove to yourself, your teammates, and your coach that you truly deserve to play on game day. *Always try to make yourself better today than you were yesterday.*

Practice is a time of effort and heart. You must make personal sacrifices to ultimately succeed as a team and as an individual.

***The gem cannot be polished without friction,
Nor can anyone be perfected without trials.***
Chinese Proverb

Five Intangible Concepts To Live By

Humility – Know who we are
Passion – Do not be lukewarm
Unity – Do not divide our house
Servanthood – Make teammates better
Thankfulness – Learn from each circumstance

PRACTICE RULES

- Practice is mandatory, not optional. Missing practice is not only grounds for removal from the team, but shows disrespect toward your teammates who rely on having a full squad for drills.
- Be on the court for practice **ON TIME**.
- At 3:10 p.m. (or the specified time practice begins), be dressed and tied shoes, on the court, and ready for practice. Showing up at 3:10 p.m. will be considered late. **START TIME** is 5 minutes early! At 3:10 or earlier we will put up the net and be ready to practice at 3:15.
- NO jewelry or gum allowed.
- Cell phones and iPods are to be left in the locker room or in bag. Cell phones should be set on silent.
- If you must miss, leave, or be late for practice, notify the coach as soon as you know. *At the latest, tell the coach the day before the practice you will miss.*
- When you're not in a called rest period, always jog or run everywhere during practice. Water breaks will be given as a team. Walking to drills wastes our practice time. Running is also part of your conditioning that can be the difference in winning a game. When you are not in a drill, stand and watch the drill. Do not sit when your teammates are participating in a drill that you have not been selected to participate in.
- No swearing. Find another way to express yourself. Young kids and families will be at our games. If it's loud enough for the coach to hear it, it's too loud.
- Verbal, facial, or body motions displaying frustration or displeasure will not be tolerated. The player will be removed from the drill or practice immediately. Emotions are effective if used at the right time. Learn to control your emotions. We'll win by being steady and consistent.
- Go for every thing—consider bruises for effort as medals of honor. A “non-effort” is a bad habit.
- Come prepared to practice with intensity and desire. Leave personal problems at home. Practice is your time to get away and release tension. *If you have a personal situation that may affect your play, tell a coach before the practice.* The coach's opinion of you will not change for the worse; in fact it will probably be better due to your honesty. If you do not tell the coach, don't expect to be treated any differently than normal. The staff will always expect a quality performance level.

You have a responsibility to yourself, your teammates, and your coach to follow these rules. Poor efforts can result in extra conditioning, or if necessary, removal from the drill or practice. To compete at a high level, all players must have the attitude that they will always, not just sometimes, make an **ALL OUT EFFORT, AT ALL TIMES**. Be happy to say that you did your very best and be proud of the effort you put in.

Practice with a purpose. Time wasted in practice is lost—it can never be recovered.

GAMEDAY TRAVEL

- Players will come to the stated bus **dressed with the required warm-up suit or travel attire**.
- Your uniform is for games only. Accidents in game situations will happen; however, you are responsible for reimbursing the school for your uniform and equipment if it is lost, stolen, or damaged when you were not wearing it for a game.
- During game days, the team will wear to school a designated outfit. Either dress up clothes or team sweatshirts must be worn on these days, depending on what the coaching staff or seniors decides.
- When assigned a specific piece of equipment (med kit, video camera, stats, etc.) to carry on a trip, you are responsible for it for the duration of the trip.
- Cell phones are to be stored in your team bag, set to silent mode, and only used in emergency settings except when coach allows you to use them.
- Always represent Northmont High School in a positive way. Be courteous and polite to all people you come in contact with. Examples: bus drivers, officials, fans, competitors, etc

COMPETITION

What we need to do as a team to win:

1. *Prevent physical mistakes.*
2. *Be consistent.*
3. *Play Defense.*

- We will warm up, stretch, and compete as a team. Instructions will be given out prior to pregame on what drills will be used during warm-ups. Team Captains will lead warm-ups.
- If you are a varsity player, you are to be attentive and support the junior varsity team by sitting behind their bench and cheering them on. Sleeping or wearing iPods will not be tolerated when you are in the stands. If you are a junior varsity player, the same rules apply when the varsity team plays. Support your teammates by being an active and positive voice!

- When you are not in the game, be sitting alert on the bench. Be verbally helpful and ready to contribute without notice. You should pay attention to the offense and defense schemes, as the coach assumes that when he or she puts you in the game, you know what we are doing. Moping, pouting, or goofing around on the bench tells the coach that you do not want to play. **YOU WON'T.** Pay attention.
- When we call a time-out or make a substitution run to the bench. When we finish the game and shake hands with our opponent, run to the locker room. Walking on the court is not acceptable.
- Timeouts are critically important for team strategy. They are not called to give you a rest—they are called for the team to adjust the game plan. The players not in the game will give you water.
- Keep all warm-ups and water bottles on the bleachers or under your chairs. Be mindful of cleaning up any mess caused by leaky water bottles to the court. Never leave your equipment unattended, as theft can be an issue.
- When you are asked to go in, be positive and give the team a lift. Always pay attention and know where you might go in.
- Any player displaying signs of a negative attitude such as pouting, swearing, arguing with teammates or opponents, etc., will be removed from the game immediately and dealt with later. Be a positive addition—have some class.
- If you are a starter, think of this: Which is it better to be, a starter or a finisher? Be ready—we need EVERYBODY. Everyone has a role.
- There are two reasons you may miss a game—a family emergency or a class sanctioned event where your grade can be affected. If you miss a contest for any other reason, you will be given a one-game suspension per game you miss.

- All players on the floor in a game MUST:
 - Communicate on defense
 - Call the hit on every opponent's hit attempt
 - Call the setter
 - Call the number of hitters
 - Communicate on offense – let the hitter know where to hit and number of blockers
 - Be enthusiastic

- Competition is your time to prove yourself. You **earn** your spot on the game court during practice. You **keep** your position through your contribution in the match.

PERSISTENCE: The harder you work, the luckier you get.

TEAM CAPTAINS

Team captains are selected by the coaches and must be outstanding ambassadors for the volleyball program as well as Northmont High School. Team captains must not violate the Code of Conduct and serve as a role-model for all players. Captains abstain from activities that are against the values of our volleyball program and make positive decisions both on and off the volleyball court. Only those players with outstanding moral character will be considered for the role of captain.

AWARDS

Individual awards will be given out at the end of the season. In order to be eligible, you must have attended every practice and game unless you provide an excuse justifiable by the coach. Remember, *individuals do not win games. Individuals who work as a team with other individuals do.*

“Good timber does not grow with ease. The stronger the wind, the stronger the trees.”
-Chinese Proverb

PERSONAL

Take care of your mind and your body. You will function best when you are in top physical condition. The coach is responsible for monitoring your training; you are responsible for monitoring your food consumption and health. Do not eat junk food before a game or practice. This is the only body you have, so take good care of it.

If you have a personal problem that is affecting your emotions or performance, do not keep it to yourself. Talk to a teammate or coach. The coach should know about anything that could affect the entire team if you are not at your best.

Make smart decisions about alcohol and drugs—do not use them! It is obvious they hinder performance, ruin your diet, and are illegal and dangerous. Violations in this area are serious and will be dealt with by the principal and the athletic director. By engaging in these substances, you are risking your opportunity to play basketball. You signed a CODE OF CONDUCT to play sports at Northmont—violations will not be tolerated!

**Attitudes are contagious...
Is yours worth catching?**

ADDITIONAL COMMENTS

If you ever have an issue with the coach, you are personally responsible to talk to the coach. **Parents are encouraged to have their daughter directly discuss issues with coaches—please avoid being an enabler.** Players--take personal responsibility and set up a meeting with the coach, as your parents will not always be there to fight your battles.

***It is never too late to become what you might have been.
George Eliot***

All the areas covered in these guidelines are designed to produce self-disciplined individuals and a team that is committed to excellence. You are being asked to make sacrifices that at times are difficult, but the results of your dedication, sacrifices, and effort will surpass your expectations. A simple rule of thumb is *do not engage in any activity that will bring embarrassment to yourself, your family, your team, or your school.*

Championships and success are all within your grasp!

I DO HAVE FAVORITES

Someone might accuse me of “having favorites” on our team. The implication is that this is a terrible sin. When I was a younger coach, I use to think this was terrible also.

You’re right. I do have favorites. My favorites are those athletes who try their hardest to do what I ask of them. They are eager to learn, and have an inner drive to be better. To those that do, I give more attention. I talk to them more. I spend more time teaching them. I also expect more of them.

Some believe that my favorites improve more than others because they are my favorites, and that is somehow unfair. Don’t mistake cause for effect.

The fact is that the athletes who come to me ready to learn, ready to listen, ready to act on what they learn, and try it my way even if it is more challenging and difficult than they imagined, are ready to get more out of our program. And they are my favorites.

As a coach, I have only one thing to offer an athlete. What I can offer is my attention. This means that I attend to their needs. The reward for good behavior should be attention - attending to their needs. The consequence of inattention, lack of effort or focus, unwillingness to learn, or just plain offensive or disruptive behavior, is my inattention to that athlete. Those players are holding back their own progress and that of the team.

How can it be any other way? If you have three children, and you spend all of your time and energy working with one that displays negative behavior, what does that tell your other two children? It tells them that to capture your attention, they should behave poorly. What we reward is what we get.

As a coach, I want athletes who are eager to learn, eager to experiment, to improve, and eager to work hard. I want athletes who come to me for help in developing their mental and physical skills and are willing to accept what I have to offer. Otherwise, why have they come to me? I am going to reward that athlete with my attention. In doing so, I encourage others to become like the athlete above. If I spent my time with the unwilling, and/or disruptive player, I would only be encouraging undesirable behavior.

I want to forge a link between attention and excellence. Excellence is the sense of achieving all that is possible and desired. My way of making this happen is to provide my knowledge and attention to those who “attend” to me. This does result in increased performance for those that do so. I am a good coach, and when I pay attention to a person, that person is going to improve. Over time, this makes it appear that my “favorites” are the better players. Not so at all. The better players are those that pay attention, and thus become my favorites.

What the accusing person doesn’t realize is that you must have favorites if anyone is to develop in a positive fashion. The coach’s job is to reward those who exhibit positive developmental behaviors. Those are my “favorites”, and they should be.

(adapted from David Gibson, Fort Wayne, Indiana)

Playing Time

Playing time is a sensitive subject on any team. I want you to be clear about my expectations and how we make decisions.

1. You must learn to play one of the following roles:
 - a. Stud
 - b. Winner
 - c. Stabilizer
2. You must display strong interpersonal skills.
 - a. Be an energy producer.
 - b. Resolve conflicts.
 - c. Be a giver, not a taker.
3. You have to develop a strong skill base based on the coaches' expectations.
4. You must display a commitment to team guidelines.
5. You must display a competitive attitude during practice and in competition.
6. You must display a commitment to strength training, conditioning, nutrition, and solid sleep and rest habits.
7. You will be evaluated according to several "intangibles" such as your ability to inspire others, your ability to play well during critical moments in a match, your ability to be a "player" and so forth.

To play, you must:

1. Have sureness with the game—reduce and eliminate mistakes!
2. Be a solid player—if nothing else, we **MUST** be a phenomenal defensive team
3. Have more skills than the other players that play your position

Clarifications

1. If you are not on the court during a game/match you might decide that you have read my mind and know my reasons for playing-time decisions without hearing them from me. Do not assume that you know. If you want clarification regarding your playing-time status, select a time apart from practice or competition and talk to me about my decisions.
2. I will attempt, whenever possible, to provide playing time for every athlete on the roster. But these opportunities cannot be guaranteed. And when they do or do not occur, my perception of when they should occur may not coincide with your perception.
3. Understand that above all, playing-time decisions are motivated by my obligation to produce a team that will defeat our opponent. I will always put the players on the floor who I think have the best chance to win.
4. It is likely that at some point you will disagree with my decisions. This is to be expected at this level of competition. Your job is to control your emotions, handle the situation in a mature way and contribute to team chemistry.

Respect the Process

As a Northmont Volleyball player...

1. I will work hard to tell the truth in my interactions with teammates and coaches.
2. I will learn how to set goals, live by them, and develop a lifestyle that will produce success on the court and in the classroom.
3. I will overcome the urge to complain, think negatively, backstab, take part in the cliques, act selfishly, or to engage in any other unnecessary behavior that disrupts team chemistry.
4. I will maintain my academic life on a solid foundation throughout my career, never creating problems for the team because I failed to take care of my academic responsibilities.
5. I will be loyal to my teammates, to my coaches, and to my program. I will not speak negatively about my team or staff to parents, or fans. I will be trustworthy.
6. I will become an ambassador of our program, going out of my way to make friends and feel great about being around Northmont Volleyball.
7. I will learn the principles of positive reinforcement and apply them in practice and competition. I will practice this method with my teammates and myself.
8. I will show frequent and genuine appreciation to those who work on our behalf (managers, administrators, support personnel, etc.).
9. I will acknowledge those who are trying to help me at all times by using good listening, verbalization, and eye-contact skills. I will understand and appreciate the fact that the coaches and staff put great effort into making me a better player and person.
10. I will operate with a high level of gratitude and respect for what has been provided for me in this program (e.g. keeping locker and team rooms clean, picking up cups and clothes after myself at practice, turning in equipment and apparel in prompt fashion, never forgetting to bring handouts to meetings, etc.).
11. I will be accountable for all team requirements (e.g. completing tasks on time, checking my email and responding quickly if asked to, being dependable, being on time, etc.).
12. I will learn to anticipate upcoming responsibilities. I will not fall into the disappointing trap of hiding from issues or being the last to speak up when something needs to be taken care of.
13. I will learn to be aware of the effect that my mood swings have on people around me and to keep these swings within a reasonable variance.
14. I will eliminate the use of obscenities during practice and competition.
15. I will accept the decisions of the coaching staff regarding playing time. I will support my teammates when I am not in a match. I will be remembered as a positive team member.
16. I will not ask my parents to be enablers. I know that they are to be my support system, but not there to solve my problems. I will take responsibility and accountability for my participation on this team.

Athlete _____ Parent _____ Date _____