Eagles Volleyball Philosophy

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned, relish every opportunity to practice and play. Spectators who watch competitive volleyball for the first time are easily hooked.

Your Eagles coaches love volleyball. We are committed to you as students, as athletes and as young women. It is our goal to provide every opportunity for you to become as good as you want to be. More important, we strive to help you and your teammates become the best team you can be.

Put the team before yourself.

As an Eagles volleyball player, you agree that the team is paramount. Your individual goals and your team’s goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter – setbacks sting less – when they are shared.

Expectations and Responsibilities of Players

1. The student athletes of Ferndale High School will be committed to the school athletic program on and off season by:
   • Following the rules set by the coaches and the school.
   • Attending all practices, matches, tournaments, and other events for their entire duration.
   • Participating enthusiastically.
   • Making appropriate personal sacrifices for the good of the team.
   • Recognizing that student participation in athletics is a privilege.
   • Setting challenging and realistic goals.
   • Developing a winning attitude and mental toughness.
   • Maintaining high academic standards.
   • Being committed to skill development in their sport.
2. The student athletes of Ferndale High School will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:
   • Utilizing the Remind app.
   • Developing a team attitude.
   • Being coachable and open to constructive feedback.
   • Sharing appropriate individual and team concerns with the coaching staff.

3. The student athletes of Ferndale High School will demonstrate good citizenship and sportsmanship by:
   • Behaving with integrity.
   • Exhibiting pride in their team and school.
   • Playing by the rules.
   • Accepting responsibility as a role model for others.
   • Supporting other sports and under level teams.
   • Playing with dignity and grace, regardless of winning or losing.
   • Use social media responsibly and ethically.

Any break in expectations may result in parent meeting, loss of playing time and/or membership termination.

Expectations of Parents
1. The parents will communicate fairly and openly with coaches by:
   • Communicating openly, honestly, and with respect.
   • Communicating issues and concerns in a timely manner including those of physical and emotional well-being on behalf of their student.
   • Following an appropriate chain of communication such as:
     - Parent and Coach/Assistant Coach
     - Parent and Athletic Director
     - Parent/Principal/Superintendent
   • Attending parent meetings and reading information disseminated by the coaches.
   • Registering for the teams Remind.

2. The parents will demonstrate good sportsmanship by displaying the following behaviors:
   • Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
   • Understanding the game is for the students and not for the adults.
   • Recognizing that student participation in athletics is a privilege.
   • Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
   • Promoting the team by being supportive and helpful of the school program.
   • Refraining from coaching their student from the stands or sidelines.
   • Expecting consistent student attendance at practices and games.
3. The parents will create a positive and supportive environment to promote their student/athlete's well-being by:
   • Supporting good conditioning and healthy lifestyle habits.
   • Placing the emotional and physical well-being of their student ahead of any personal desire to win.
   • Expecting their student to play in a safe and healthy environment.
   • Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
   • Being a role model for other parents by remaining positive at sporting events.

Expectations of Coach
1. The coaches will maintain a role of coach as professional and will keep the role of coach in proper perspective by:
   • Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
   • Maintaining open and honest communication with students, parents, and other coaches.
   • Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
   • Supporting and collaborating with coaches in other athletic programs.
   • Modeling and teaching skills necessary to succeed.
   • Supporting student academic expectations, responsibilities, and achievements.
   • Developing the knowledge and understanding of Ferndale policies and procedures as it applies to athletics.
   • Promoting and enforcing the student athlete code of conduct.

2. The coaches will be positive role models in personal management, appearance, ethics, and behavior by:
   • Connecting athletic experiences with life experiences.
   • Providing an atmosphere of teamwork and collaboration among coaches and players.
   • Becoming an integral part of, and developing rapport with, the Ferndale community including administration, coaches, parents, and students.
   • Modeling good sportsmanship at all times.
   • Creating and maintaining a safe and healthy environment for student athletes.
   • Understanding their leadership style and its impact on student athletes.
   • Considering important commitments of student athletes outside their sports.

Game/Practice Schedule
Volleyball games/practices will run Monday through Thursday. Sunday practice time TBD.
Practices begin at 3:15 pm and will end around 5:15 pm. Players must arrive at least ten minutes early (3:05 pm) to set up nets and other equipment. Players are expected to start their dynamic stretches at 3:15 pm exactly. Net tear down will begin at 5:15 pm and should take approximately ten minutes (5:25 pm). All equipment and supplies must be put away before any player may leave; leaving beforehand is unacceptable.

Players need to come to practice prepared, this means appropriate athletic clothes/supplies (knee pads, water, etc.), a good attitude and readiness to work.

ABSOLUTELY NO CELL PHONES DURING PRACTICES/MATCHES. They must be silenced and out of site. As coaches we will enforce and track these things. If a player needs to have their phone on and/or needs to check their phone during a practice they must clear it with their coach first. Otherwise, there will be a consequence and they will be benched if this reoccurs.

Transportation
All players must go to and from the contest with the team. Any exceptions must be cleared with the Coach and or Athletic Office PRIOR to the event.

Those players who drive must park in the STUDENT/FACULTY parking lot ONLY. Those who decide to park in the administrative parking lot will be ticketed.

Google Calendar
FHS athletic website has a Google Calendar with practices, matches, tournaments, and more! Be sure to read the notes section.
http://www.ferndaleschools.org/athletics/fhs-volleyball/

Remind Sign Up Information
Players must sign up for their specific team AND the “both teams” Remind. Parents/guardians will want to register for the “both teams” Remind. You are more than welcome to sign up for individual teams as well, but you may receive extra notifications.

Junior Varsity
Phone # 81010
Message: @2f2a2a

Varsity
Phone # 81010
Message: @3be94d

Both teams
Phone # 81010
Message: @f4dak4h
Playing Time Policies
Junior varsity will provide playing time for all players, but it will be based on talent level, practice participation and coaches judgment. While all students will see some action in games, we want to prepare them for varsity level where competition is priority.

Varsity sports are expected to be competitive and playing time is determined on skill level and practice performance. Winning as a result of game preparation, hard work and team effort, while practicing good sportsmanship and class. Every member of the varsity team will be informed of their role from the coach prior to the beginning of competition.

Academic Policies
Coaches will run weekly progress report to monitor players’ academic standing. Players not performing at a C or above will be sent to study table. Study table takes place every Wednesday in the Nest from 2 - 2:45 pm. Players must check in with their team manager.

Attendance Policies
Attendance is required for all practices, matches, tournaments and team related activities. If a player is going to be absent, it is the player’s responsibility to submit their excuse (date and reason) to their team manager. Team managers will provide daily reports to the coaching staff. Unexcused absences will be handled according to three steps:
• First offense: Warning, loss of playing time
• Second offense: Full game suspension
• Third offense: Week suspension

After the third offense, a parent meeting will be held with coaching staff and Athletic Director to review team membership. Playing volleyball is a privilege, not a right.

If player is injured and unable to participate in practice, attendance is still mandatory. When player provides doctor clearance to coach, they may immediately start playing.

24-Hour Policy
We will enforce the “24 Hour Policy” for players and parents. This means no one is to approach a coach or speak with a coach until 24 hours after a game/scrimmage. Things can get heated and out of control quickly—that is why this policy is in place. 24 hours gives players, parents, and coaches a "cooling off" period and time to think more rationally. Players should approach coaches with concerns, not parents, to encourage independence and open communication. If coaches are approached by a parent/player before the 24 hour window, then coaches will respectfully reschedule the conversation for another time.
**Uniforms/Clothing**

Players are responsible for taking care of uniforms. This means they must be cleaned after each game. Players must return uniforms to coaches at the end of the season. Players who have lost or damaged uniforms will be responsible for paying to replace their uniform (anywhere from $50-$70).

Players are required to purchase this year's shirt; they may choose between short and long sleeve. [http://www.eagraphics.com/ferndalevolleyball](http://www.eagraphics.com/ferndalevolleyball)

All players are required to have knee pads; ankle braces are optional. Players must have all black spandex or athletic shorts for game day. No stripes or patterns of any kind.

Handbook Agreement and Contact Information

I have read and understand the terms of this team handbook. By signing this form, I agree to abide by the policies and expectations outlined above. I have read and understand the consequences of not abiding by the team handbook.

Player’s Name: _________________________
Player’s Signature: _________________________
Date: ____________

Parent/Guardian’s Name: _________________________
Parent/Guardian’s Signature: _________________________
Date: ____________