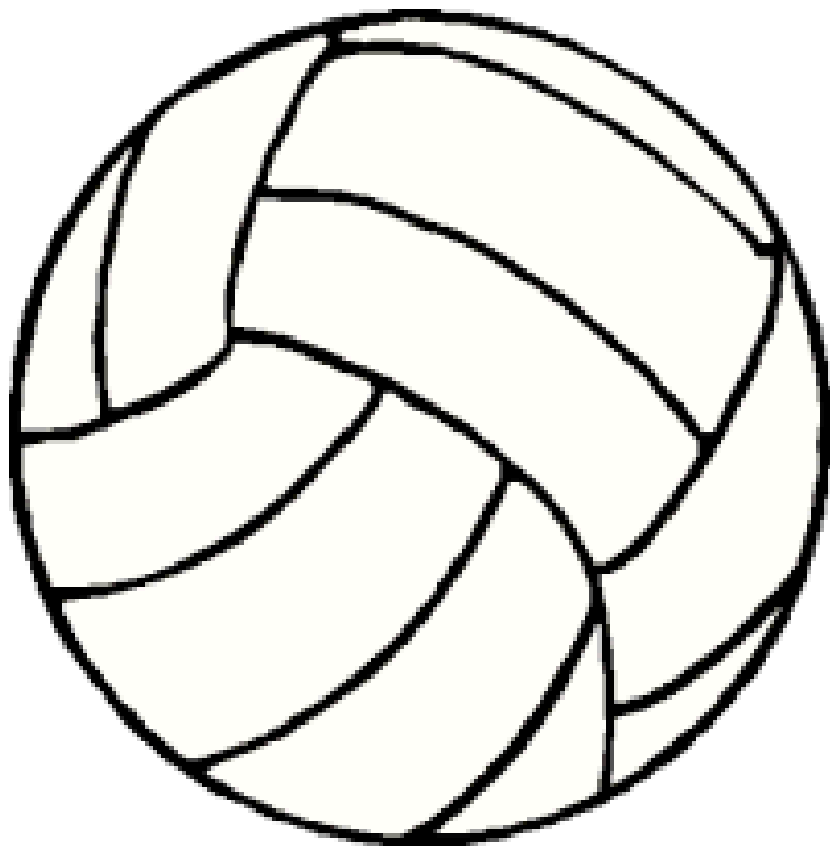


LADY RAILS VOLLEYBALL...

Working to reveal Character

Sports do not build character.
They reveal it.
- John Wooden



Team Handbook 2014

Building Character

Coach Beye's philosophy of her 2014 Railer Volleyball Team: Let's work together to reveal our character. How do you want to be remembered by your teammates, coaches, school, community and fans? Work hard everyday to be of good character.

Trustworthiness: deserving of trust or confidence; dependable; reliable

Respect: esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability

Responsibility: reliable or dependable

Fairness: free from bias, dishonesty, or injustice

Caring: to be concerned or solicitous; have thought or regard

Citizenship: the state of being vested with the rights, privileges, and duties of a citizen

Honesty: truthfulness, sincerity, or frankness

Courage: the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery

Diligence: constant and earnest effort to accomplish what is undertaken; persistent exertion of body or mind

Integrity: adherence to moral and ethical principles; soundness of moral character; honesty

Confidence: full trust; belief in the powers, trustworthiness, or reliability of a person or thing. Full trust in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Contribute more than you consume!! As a player, daughter, student, friend, sister, etc.

TEAM RULES AND CONSEQUENCES:

SPORTSMANSHIP

As part of the Herington High School Volleyball Program, we feel that an atmosphere of true sportsmanship will be exhibited for all practices, bus trips and competitions. Treat others as you would like to be treated. Unacceptable behavior is (but not limited to):

- Taunting of opponents
- Responding to any unsportsmanlike behavior of opponents
- Distracting opponents during the serve or play
- Questioning an official's call (this is for the floor captain and coach only)
- Any derogatory comments about the opponent or their school
- Swearing
- Hazing of teammates

EXPECTATIONS:

- Arrive at practices, trips and games on time
- No Tobacco, Alcohol, or Drugs will be tolerated. You must take care of your body to be your best. Don't ruin a season for you or your teammates.

First offense: lose eligibility for the next 25% of varsity competitions

Second offense: Dismissal from Team

- Show respect toward the facilities, opponents, teammates, coaches and officials
- Sit with your team during the C, JV, or Varsity match--No boyfriends will be allowed
- Behave appropriately on the bus.
- If you are on the bench:
 - Remain classy by supporting the players on the floor
 - No Attitudes
 - Pay attention to what's going on, on the floor
 - Be ready to go in at all times.
- Never do anything that will make the coaches or your teammates ashamed of you

PRACTICE GUIDELINES:

-It is our goal to run practices efficiently for maximum development. With that goal in mind, program participants will:

- Not talk or bounce balls while a coach is speaking
- Hustle immediately to the coach when called
- Give eye contact to the coach during instruction
- Never give up on the ball
- Participate in gathering balls
- Hair should be out of your face and all jewelry must be removed
- DO NOT BE LATE TO PRACTICE BECAUSE YOU ARE ON THE CELL PHONE!!!!**

PLAYING TIME

- Playing time is not a right or guaranteed on either the JV or Varsity team. The coaches' objectives are to field a team that can work together and get them working together as a unit. **Whatever squad you are on you are expected to give 110% of your effort for your teammates!!!!** Using these criteria, it is impossible to play more than 8-9 players at any given time. Your participation in this success may only be in a backrow role or your contribution may be one or two years away. We're looking for attendance at practices, punctuality, performance during practice, and overall "team first" attitude. If you would like a review of your role on the team, just ask the coach before or after practice. It is not acceptable to:

Make comments about lack of playing time

Ask about playing time during a competition

Hang your head on the bench because you're not playing

- It is usually a good idea to wait to discuss issues like this. Let the emotions die down and never tackle something like this right after a competition.

ATTENDANCE

All practices and matches are mandatory. Unexcused absences are, (but not limited to):

Having to stay after school because of in-school discipline

Out-of-school suspensions

Skipping practice

Getting a hair cut

Senior Pictures

The following are additional consequences for missing volleyball practice:

1st unexcused absence = 1 game suspension

2nd unexcused absence = 1 date suspension

3rd unexcused absence = suspension from the team

PLAYER/PARENT FORM

PLAYERS:

As a player on the 2014 Herington Railer Volleyball Team, I have read and will comply with team rules and regulations set by the coaching staff.

Date: _____

Signature: _____

PARENTS:

As a parent of _____ I have read and understand the rules and regulations of the Herington Volleyball Program.

Date: _____

Signature: _____

***This form needs to be turned into the coaches before participation in the first match. By signing your name to this form we expect full support in any decision made dealing with our rules. If you have questions about a situation feel free to discuss it with the coaching staff.

2014 LADY RAILS VOLLEYBALL

GOAL/INFORMATION SHEET

Name: _____ Grade: _____

Parents Name: _____ Phone: _____

GOAL SETTING

People who set goals succeed.....

Because they know where they are going.

The following goals will help you create your road map for the season so you can map out where you want to go.....

1. My Individual goal is: _____

This goal is important because: _____

Three Steps I'll take to reach this goal are: _____

I will know when I've reached my goal because: _____

2. ANOTHER Individual goal is: _____

This goal is important because: _____

Three Steps I'll take to reach this goal are: _____

I will know when I've reached my goal because: _____

3. A Team goal is: _____

This goal is important because: _____

Three Steps we will take as a team to reach this goal is: _____

I will know when we've reached my goal because: _____

What I see my role on the team being this year: (including the following things: what position I will play, what level I will be playing at, what can I bring to the team to make us successful, etc)

How can I as a coach help you best: