



DAKOTA RIDGE HIGH SCHOOL VOLLEYBALL
PARENT / PLAYER / COACH HANDBOOK
FALL 2021

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I. Program Philosophy

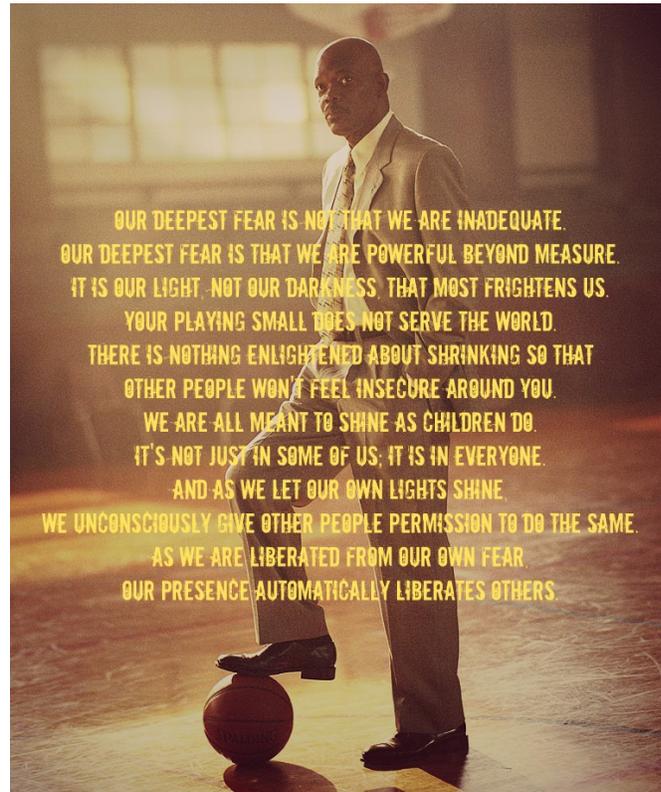
Our **mission** is to provide the student-athletes in the Dakota Ridge's Volleyball program with an excellent and safe experience in personal development through athlete-centered volleyball. This mission is accomplished through the teaching of our program's **values**:

- Hard work
- Accountability
- Team play
- Communication
- Competitiveness
- Sportsmanship

Ultimately, the **vision** for Dakota Ridge Volleyball is that the student-athletes that come through this program feel valued and leave a better player, and person. We hope they are more prepared for life outside of high school and life outside of sports. We hope they have learned the value of teamwork and leadership, and that they continue to value sports for the rest of their lives.

“You said we're a team. One person struggles, we all struggle. One person triumphs, we all triumph.”-Jason Lyle (Coach Carter)

Dakota Ridge Volleyball team **motto** “**Leave a Legacy**”



II. Expectations, Team Policies and Rules

Academics / Attendance

- Student-Athlete: First and foremost the player is a student. Playing volleyball is a privilege, and school comes first. If a player falls behind, we will have study halls to help the player get caught up.
 - Keep grades up
 - Use each other as tutors
 - Become the best students we can be
- We hope to have all of our girls that come through the program succeed beyond high school, and prepare them for college.
 - Any grade below a C will result in a conversation with a coach.
 - If a student-athlete has any of the following grades, she will be ineligible for the week - the weekly eligibility report typically comes out on Wednesdays:
 - One F
 - Two D's are eligible, but game time can be affected. Coach discretion.
 - If a player has One D and One C (for example), they ARE considered eligible, but will be talked to by the coach.
 - If a player is ineligible, they are expected to still attend practice, and will use that practice time as a time to study and catch up on school work. If there are games during that time frame, they will not be allowed to participate.
 - If a player is on the ineligibility report, and there are games during that time frame, they will not be allowed to participate.
 - They will be expected to attend the game, as a teammate, and will sit on the bench and support their team. They will not be permitted to dress out.
- Attending classes is of utmost importance. Continual absences will cost players time on the court. If a player is not at school on game day, she may not be permitted to play.

COVID Precautions

- COVID precautions may contain but are not limited to:
 - Frequent hand washing, proper sanitization of balls and nets, not sharing water bottles, etc.
 - At this time, we are not doing daily COVID screening, including temperature check and questionnaire for all players and coaches, however if necessary we will re-implement this.
 - If a player or coach is at risk of COVID, by having an elevated temperature, or by certain answers during the questionnaire process, he or she may be asked to self-isolate for 14 days.
 - If a player knowingly continues to participate without notifying the coach about having symptoms, or being possibly exposed, etc., there is a possibility that she may be immediately dismissed from the team for the remainder of the season. This is a serious violation that could result in the end of our entire season, player or coach illness, or worse. There is a zero tolerance policy.
- If a player, or parent spectator is sick - PLEASE DO NOT COME!
 - This applies to everyone! If you're sick - please do not come! We want to keep all of our players, coaches and refs healthy.

Practices / Games / Transportation

- All players should be 15 minutes early to help set up and get practice started on time. Players are expected to be at every practice. Players missing practice can end up losing game time or a starting spot on the court. We only get better as a team if we all work hard at practice.
- Practice typically **BEGINS PROMPTLY** at 3:30 pm. All players are expected to be dressed out and ready to put up nets by 3:15 pm - nets should all be up and ready to go by 3:30 pm. Practice ends at 5:30 pm. **TIMES ARE ALWAYS SUBJECT TO CHANGE.**
- Locker rooms **SHOULD** be available, **BUT**
 - Come ready to play, already dressed out, but **PLEASE** don't change into your shoes until you're in the building.
- For games, players are required to arrive and stay for the other levels games as follows:
 - HOME GAMES ARRIVAL TIME:
 - All players on all teams(Level 4 thru Varsity) must arrive to the gym at 3:30 DRESSED AND READY TO GO for home games
 - The levels not scheduled to play at that time will be warming up the other players, and will be expected to watch and cheer on the other levels
 - HOME GAMES DEPARTURE TIME
 - All players on all levels are required to stay through the Varsity games
 - Only players that have already received prior approval are allowed to leave early
 - All players must check out with their team coach (or other appointed adult) before they're permitted to leave
 - Each team will be responsible for some cleanup of the gym, including, but not limited to, tear down of nets, cleaning the bleachers of trash, putting away folding chairs, etc.
 - Each coach will inform the teams what their assigned duties are
 - AWAY GAMES ARRIVAL TIME:
 - All players must arrive to the away location 30-45 minutes **before the earliest game** to help warm up the other teams
 - Example, Level 4 and Level 3 start at 4:30 pm, Varsity and JV needs to arrive at 3:45 pm
 - AWAY GAMES ARRIVAL TIME:
 - We strongly suggest that all players stay through the Varsity game to cheer on the team, and to provide more support and camaraderie, however all players are only required to stay until the next level has earned their first point
 - Level 3 and Level 4 can leave after JV has earned their first point from a serve
 - JV can leave after Varsity has earned their first point from a serve
- Game times are typically as follows but **TIMES ARE ALWAYS SUBJECT TO CHANGE**
 - Level 3 and Level 4
 - 4:30 pm (best 2 of 3 games)
 - JV
 - 5:30 pm (best 2 of 3 games)
 - Varsity
 - 6:30 pm (best 3 of 5 games)
- Players need to eat a healthy meal before their games. Team meals will not be provided this year.
- "Seniority" will absolutely not be tolerated during practices or games. We are a sisterhood, and we expect the older players to mentor and be welcoming of the younger players, regardless of the level any of the players are on.
- Buses will **not** be available for transportation to away games this year.

Communication

- Communication is key: We are hoping to teach all the athletes life skills. Communication is a skill that they will take with them beyond high school into college, and careers. We expect to communicate first and foremost with the athletes.
 - If an athlete has a question or concern, we will address these first with the athlete.
 - If the athlete is sick, we expect to hear from them first.
 - If a player is going to miss a practice, we expect the player to contact the coaches, we do not expect to hear from her parents.
 - If a player is unhappy with playing time, the player needs to discuss this with the coaches. The coaches will not address playing time with parents.
 - 24 Hour Rule - a player must not contact a coach regarding play time issues until after 24 hours have passed. The communication protocol must be followed.
 - If coaches are experiencing difficulty with player attitude or behavior, the coaches will address this directly with the player.
 - If behavior is not corrected, the player may be asked to leave practice for the day, and the player may return the next practice.
 - Coaches will NOT contact parents regarding this situation unless it is absolutely necessary. The goal is for the players to self correct.
 - If a player's poor behavior continues, parents and administration will be involved.
- The protocol for communication should be in the order as follows:
 - Player / Team Level Coach
 - Player / Varsity Head Coach
 - Player, Parent, Team Level Coach and Varsity Head Coach
 - Player, Parent, Team Level Coach, Varsity Head Coach and Athletic Director
- In order to keep consistent communication styles between teams, Team Parents will communicate with parents via email and GroupMe. We expect each parent to download and use GroupMe for easy, fast, private communications.

Alcohol, Drugs and Tobacco

- We ask that our girls all respect themselves and their team. Violating this by involving themselves with alcohol, drugs and or tobacco has severe consequences. All alcohol, drug and tobacco consequences fall in line with the Jefferson County Policy. If a player is involved with any of the above listed illegal substances, including during the off season or on social media, the consequences are:
 - First Offense: Suspension of 2 games & one page apology to parents & coach, then address the team.
 - Second Offense: Suspension from team for rest of the year.
 - Third Offense: Dismissed from program and cannot participate in any other Dakota Ridge Sport (Jeffco Policy).
- This includes social media - For example, if someone snaps a picture of you and there is alcohol in the background, even if it's during the summer, you are at risk of consequences. And the consequences hold over till the next season. If a player violates this policy in the winter, (for example), the consequences will be upheld the next season if that player makes a team.
- If a parent or player suspects a violation of this policy, they are expected to contact a coach right away.

Team Rules

I. MAKE GOOD CHOICES- This rule includes but is not limited to: lying, cheating, stealing, use of drugs, alcohol and tobacco, maintaining good grades, and being kind and respectful to teammates, peers, parents, coaches, teachers and officials. I expect athletes to act maturely and to know the difference between right and wrong.

II. BE PRESENT

III. HAVE FUN

IV. CHOOSE YOUR ATTITUDE

V. BE A TEAMMATE

VI. HAVE THE HEART OF AN EAGLE

III. Coach Code of Conduct

“A coach will impact more young people in a year than the average person does in a lifetime.”
– Billy Graham

We acknowledge that as coaches we, ourselves, must remain coachable and teachable.

Each of our coaches follow positive, transformational coaching and coach to the 3D Coaching dimensions:

1. Fundamentals/ Skills/Strategy (body)
2. Mind/Confidence (mind)
3. Individual and Group Character (spirit)

IV. Player Code of Conduct

This form will be electronically agreed to during registration

Player Expectation Contract

I _____ acknowledge that I have accepted the invitation to be a part of the Dakota Ridge High School Girls' Volleyball program. By accepting, I agree to abide by all the rules in effect below. I agree that if I choose not to abide by all the rules below, there will potentially be consequences, and that my membership in the program may be revoked.

Eligibility:

- I AM A STUDENT FIRST AND AN ATHLETE SECOND! I will maintain a good GPA of C's or better.
- If I have one or two Ds, I understand that I will be talked to by the coaching staff, but will be permitted to practice. I further understand that my game time may be affected. This is up to coach discretion.
- Any F will result in my immediate revoking of playing time. I will be ineligible to play that week. Eligibility comes out on Wednesday; I will have until 3:00 p.m. Friday afternoon to turn in a note from my teacher(s) to my Coach stating that my grade has come up to a C or better. Eligibility runs from Saturday to Saturday.
- I will NOT TELL MY TEACHERS THAT THEY NEED TO MOVE MY GRADE UP SO THAT I CAN PLAY!
- If I am ineligible, I will be required to attend practice, but I will not be permitted to participate. I will do homework during practice time. I am a student first.
- If I am struggling with my grades, or if I am ineligible, I will attend study hall and work hard to become a better student.

Practices / School Attendance:

- I am a student first. Class attendance is crucial.
- Practices will be held at the high school in the small and large gyms. Practices will run from 3:15 pm until 6:00 pm.
- Attendance at practice is MANDATORY; I agree to arrive and be ready to set up nets at 3:15 pm.
- Practice begins the moment I step onto the court. I know that I am LATE to practice if I am not dressed out and ready to set up by 3:15 pm.
- I will participate in set up and tear down of equipment. Seniority will not be tolerated.
- If I am going to be absent from practice, I **MUST** contact my Coach as soon as I know. Excused practices are practices that I have communicated to my coach at least one hour prior to practice and are because of illness or a family emergency.
- Unexcused practices / school absences may result in a missed set in the following match.
- An injury or ineligibility are not an excuse to miss practice.
- **THREE** missed practices (excused or unexcused) during a season may result in loss of game time or removal from the team.
- Practice is a time to work on fundamentals, techniques, and tactics; it is NOT a time to fool around and horseplay. We will have down times where we can interact more loosely, but not during the times of practice.
- I MUST follow the applicable and necessary COVID protocols, including wearing my mask over my nose AND mouth (if applicable)
- I will try my best at all times.
- Every player is important to the performance of the team.
- Practice may end at a specific time; however, the time does not dismiss me. The coach will dismiss me!

Games:

- Game attendance is MANDATORY! For home and away games, I should arrive at the game location 30-45 minutes before the assigned time. I MUST arrive dressed and ready to play. If that is not adhered to, then I will be considered late and subject to consequence.
- For home games, I will participate in set up and tear down of equipment. Seniority will not be tolerated.
- I will be expected to stay for the other teams games as listed below:
 - Home Games - I am required to stay through the end of the Varsity game
 - Away Games - I am required to watch until the next level scores a point from a serve

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- Level 3 and Level 4 are required to stay until JV has earned their first point from a serve
- JV is required to stay until Varsity has earned their first point from a serve
- While my team is not playing, I agree to watch the other levels play, and I will not run around the halls or be disruptive.
- When I am assigned a volunteer shift, I will remain focused and diligent until my shift is over. I will not be distracted with my phone or other electronic device.

Uniforms / Equipment:

- Equipment: I have been provided game jerseys, a backpack. I have also purchased knee pads, socks, spandex, practice shirts, warmup shirts and cover up shorts. I am required to have court shoes of my choosing. I agree to always keep my equipment and apparel clean!
- I will always bring all jerseys, spandex, knee pads, warmup shirts, cover up shorts, practice shirts, socks and court shoes to every game and practice. If I do not have the proper uniform during a game or practice, I will not be permitted to participate.
- Unless actively playing or practicing, I will ALWAYS wear coverup shorts over my spandex. Wearing my spandex without cover up shorts is not permitted. If I do not wear coverup shorts, I will receive 2 warnings. If I receive a 3rd warning, I may lose playing time or a starting position.
- I am expected to return all jerseys and backpacks at the end of the season. If a backpack or jersey is not returned or is returned damaged, I will be subject to fees for the replacement cost of the item. Those fees will be added to my Jeffco fee account.

Behavior: I am a representative of Dakota Ridge High School and as such am expected to act in a way that does not diminish the reputation of our school or myself. This means no horseplay, cursing, or disrespect of any kind at any time. This behavior must be reflected, not only during times as a team, but in my personal and school life as well. If, for any reason, the integrity of any player jeopardizes the reputation of the team, severe consequences can and should be expected. I am expected to give 100% effort at all practices and games. Behavior will be evaluated on an individual basis.

- I will play and act with class both home and away, and represent myself, my team and my school with class.
- I will be respectful to my coach and teammates.
- I will respect the opposing team, their coach and officials.
- I will remember to not criticize myself or my team, but will approach things in a positive and constructive manner.
- I will always put the team and the team goals ahead of my personal goals
- I agree to accept my role on the team and work to improve each day. Every single player has an important role on the team, even when they are not on the court.
- I agree to communicate questions and concerns to my coach in a mature manner at an appropriate time.
- I agree not to engage or do anything that is detrimental to myself, my teammates, the program or my school.

Alcohol/Drug/Tobacco/Nicotine: The use of alcohol, drugs, tobacco or nicotine is strictly prohibited at school or away from school. This includes on social media. For example, if someone takes a picture of me and one of these forbidden substances is shown in the background, I understand that I may face consequences. If I am found to have been in violation of this policy, I will face the below consequences:

- First Offense: Suspension of 2 games & one page apology to parents & coach, then address the team.
- Second Offense: Suspension from team for rest of the year.
- Third Offense: Dismissed from program and cannot participate in any other Dakota Sport (Jeffco Policy)

I agree with all of the above terms. If I am in violation of these terms, the coaches will address my behavior with me directly. If my behavior has not improved within 2 weeks, the coaches will involve my parents and the Athletic Director. Continual violations of the above terms may result in my dismissal from the program.

V. Parent Code of Conduct

This form will be electronically agreed to during registration

Parent Expectation Contract

I _____ acknowledge that my daughter has accepted the invitation to be part of Dakota Ridge High School Girls' Volleyball Program. By accepting, I agree to abide by all the rules in effect below. I agree that if I choose not to abide by all the rules below, there will be consequences.

You acknowledge and agree to the following:

- I will not criticize my daughter, her team, any member of the coaching staff, or any other parent, but will approach things in a positive and constructive manner.
- To always put the team and the team goals ahead of your personal goals
- I understand that communication with the coach is not permitted for 24 hours after a game.
- I understand the proper chain of communication is as follows:
 - Player / Team Level Coach
 - Player / Varsity Head Coach
 - Player, Parent, Team Level Coach and Varsity Head Coach
 - Player, Parent, Team Level Coach, Varsity Head Coach and Athletic Director
- I will not approach a coach before, during, or after a game. I will instead schedule a meeting with the coach after 24 hours have passed since the game.
- I will not criticize my daughter, her teammates, or any member of the coaching staff or any other parent in front of my daughter.
- I will act with class both home and away, and represent myself, my daughter and the team with class.
- I will be respectful to the coach.
- I will respect the opposing team, their coach and officials.
- I understand that I will need to participate in Line Judging, Score Keeping and/or Concessions. I understand that if I do not sign up to participate by the designated time that Boosters will assign my shifts that I will need to work.
- I will ensure that my player is picked up no later than 10 minutes after practice ends.
- I understand that in addition to email, all teams will use GroupMe for communication, and agree to download and use that app.

I understand and agree to the above terms. I also understand that if my player violates the terms listed in her contract as listed above, she will face consequences, up to and including dismissal from the program. Depending on the severity of the violation, she may not be permitted to participate in any sport at Dakota Ridge.

VI. Keeping Our Program Excellent

Our program is built on having the heart of an Eagle. To keep our program excellent we must be willing to be involved!

- Fundraising
 - In order to maintain and purchase the necessary equipment, and to continue with our traditional program events it is necessary to fundraise every year.
 - We expect each player to participate in fundraising.
- Parent Participation!
 - Without parent participation we are not able to run the excellent program we have always had.
 - We need participation from parents for every home game, and expect each family to participate.
- Media Relations
 - We need to stay connected with the community through social media.
 - Sharing stories on our social pages.
 - Let everyone know what is going on with girls' Volleyball via your own social media—help us increase our fan base.
- Positive Reinforcement
 - We need to remember that positive feedback is much more helpful and important than negative feedback. It's never ok to criticize another player, coach or referee. Every person has a bad day every now and then. Bring those people up with a positive comment and a fist bump instead of a negative comment.
- Life After Sports
 - Working on giving each athlete the leadership and teamwork skills to make it in the real world.

FUNDRAISING

In order to keep our program excellent, we must raise funds for equipment, camps, etc. As all of our players benefit from these items, we expect all players to participate in fundraising. This can be by attending a restaurant night, purchasing spirit wear, or by direct donation etc. For this year, we will be having multiple options for fundraising.

What fundraising goes towards:

- Yard Signs
- Pictures
- Parent Appreciation Gifts
- Senior Gifts
- End of Season Awards
- End of Season Banquet
- Homecoming
- Pool Party
- Tournaments
- Camps
- Equipment

How we will fundraise this year:

- Chipotle night - more information to follow!
- Spirit Wear - purchase some cool swag and the program gets money back!
- Direct Donation
 - We are asking each player to raise \$100.00 via direct donation. This can be by Venmo or check.
 - Donations may be tax deductible (contact your Tax Advisor)
 - Players that raise at least \$100 will receive a personalized [DRHS Volleyball sweatshirt](#)
 - The top seller per team will receive an additional piece of DRHS Volleyball apparel
 - **Donations will need to be received by Boosters before the first day of school**
 - Checks needs to be made payable to DRHS Volleyball Boosters



- Venmo @DRHS-VolleyballBoosters

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PARENT PARTICIPATION

Adult participation is critical for the success of our program. We have many opportunities where you can help, and are always in need of anyone who wants to participate.

We will need the following types of ADULT participation for each Home Game. **Each family will need to sign up for 2 shifts (from the list of volunteer activities below) during the season.**

- Line Judging for JV and Varsity Games (2 per team per night)
- Score Keeping for JV and Varsity Games (2 per team per night)
- Concessions for JV and Varsity Games (2 per team per night)
- Level 3 and Level 4 games will utilize JV and Varsity players, and will not need adults

Additionally, we have two other events where we will require player and/or parent participation.

- Miracle League (August) - players will participate at the Jason Jennings adaptive field during an Adaptive Baseball game. They'll cheer on the players, run the players around the bases, run concessions, etc. **All players are required to attend this event.** Parent participation is not required to attend for this event, but encouraged, as it is so much fun to watch!
- Eagle Invitational (October) - this is a Varsity Tournament that DRHS hosts.
 - All Level 4 thru JV players are required to work this event both days (line judging, score keeping, etc). Coaches / boosters will assign the players shifts.
 - **Parents of Level 4 thru JV will need to sign up for one shift (appx 3 hours) and parents of all levels will be asked to bring a small food item.**
 - As this is a Varsity Tournament, Varsity parents will not need to volunteer for a shift, so that they may watch their players, but WILL, however, be asked to bring a small food item.

Signup Genius links with the shifts needing parent support will be emailed with your registration information once your player makes a team. **All families will need to sign up for their required number of shifts before Uniform Checkout.** If a family has not signed up by that deadline, Boosters will assign their shifts. It will be up to the family to work those shifts. Sign up early to get the shift you want.

FEES

This year, player fees will be as follows:

- Returning Player: \$150.00
- Freshmen / New Player: \$175.00
- If a player makes a team that did not attend Team Camp (held July 26th - July 29th), they will need to purchase the shirts and shorts that were included during camp, for an additional \$35.00.
- Jeffco Athletics Fee (paid via Jeffco Connect): \$175.00
- Each player will receive the following to keep:
 - 1 pair of knee pads
 - 1 pair of socks
 - 1 pair of navy spandex
 - 1 pair of cardinal spandex
 - 1 long sleeve warmup shirt
 - Freshmen / New players will also receive 3 practice shirts
 - Returning players may use their practice shirts from last year
- Each player must return the following items:
 - Backpack
 - Jerseys (any jersey with a number on it)
- All players are welcome to purchase additional player gear, including practice shirts, knee pads, socks, etc. These items are intended ONLY for the players. Parents, if you'd like to purchase volleyball apparel, please purchase [Spirit Wear](#).

SCHEDULE

[PLEASE REFERENCE THIS LINK FOR A LIST OF EVERY EVENT ON THE SCHEDULE](#)

[Click here for the Fall 2021 Checklist](#)

