

# **Dakota Ridge Volleyball Handbook 2023**

## **Mission**

The Dakota Ridge Volleyball Program will prepare female athletes to be confident competitors in life.

## **Vision**

Dakota Ridge Eagle Volleyball Athletes will leave our program with a strong sense of pride, accomplishment, and self-confidence. Athletes will have these attributes because they have been a part of a program made up of athletes and coaches who are loyal to each other and our core values. Every year we will strive to have athletes who bring a love for the game and strive to play at the collegiate level.

## **Core Values**

Dakota Ridge Athletics values athletes who demonstrate commitment, respect, excellence, hard work, fairness, leadership, accountability, high standards of integrity, personal character, teamwork, and fun.

1. CHAMPIONSHIP BEHAVIOR - develop athletes of strong character
2. RELENTLESS PURSUIT - in Academic Excellence as well as Mental & Physical Discipline
3. TEAM BEFORE ME - Commit to giving our very best effort with a positive attitude in all areas of our lives.
4. FOCUS ON PROCESS -Play defense & offense with heart and determination.

## **Policies, Guidelines and Expectations**

### **Academics:**

We abide by the CHSAA and Dakota Ridge High School eligibility rules outlined in your student-athlete handbook. Academic achievement is a priority. We believe that a great work ethic in the classroom will translate to a great work ethic on the court.

- *Please ask for help from your fellow teammates and coaches if you need help in a class.*

### **Attendance:**

You are expected to attend school all day. We abide by and strictly enforce the attendance policies outlined in the Eagles High School Student Athlete / Parent handbook.

### **Behavior and Dress Code:**

Dakota student-athletes are role models in the classrooms, hallways, on the court, and in the community. Exemplary behavior is expected. All athletes will adhere to the behavior and school dress code. Not adhering to the behavior and dress code or exemplary behaviors will result in a loss of playing time.

**Coaches' discretion will be used in all circumstances.**

### **Tryout Prerequisites**

To be eligible to try out for the Dakota Ridge High School volleyball team, each candidate must submit the following items to the individuals indicated prior to tryouts and be academically eligible as well as able to attend the volleyball program events of the athlete.

- Completed online registration (not necessary to print and turn-in)
- Physical Examination turned-in to the Athletic Office or uploaded online
- Be aware that a candidate may be ineligible for tryouts if she has two or more "Fs" for the prior grading period or a GPA < 2.0.
- If selected and for whatever reason, you don't think you can(are unable to meet the obligations expected in the DRHS volleyball program then please contact the coaching staff immediately, Failure to contact us could result in loss of refund of dues.

## **Tryout Process**

DRHS volleyball tryouts will be closed to all spectators.

Athletes will be judged on aspects of skill execution, athleticism, competitiveness, attitude, and sportsmanship.

### **Team Selections:**

The coaches will make their final selection using the criteria outlined above. Candidates who are not present for tryouts will not be placed on a team. NO make-ups unless arrangements have been made prior to tryout week with the coaching staff and/or DR athletic department. Tryout decisions are final. **If a returning athlete is injured or ill at the time of tryouts, the Coaching staff will make the final decision on team placement.**

## **Dakota Ridge Operating Principles**

### **Purpose**

The purpose of the Eagle Volleyball Program is built upon the foundation that competition through athletics is a valuable way to learn commitment, work ethic, sportsmanship, and teamwork. Commitment to becoming a successful athlete and team member takes dedication and flexibility. The athletes participating in our program will learn to make choices that require personal sacrifices (on and off the court) to accomplish team goals. Each player will have a role to play for their team. **Not every player will get equal playing time, but every player is equally important to the success of their team. Keep in mind that participation in athletics is a privilege--not a right.**

### **Coaching Principles**

Eagle Coaches are expected to hold all Dakota Ridge volleyball players to the highest standards - academically, socially, and behaviorally. Coaches will place athletes on the team(s) they feel will best suit them and the program. Coaches may move, replace, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to attendance, conduct, skills, attitude, and grades.

## Player Principles

Eagle Volleyball players are expected to always adhere to acceptable standards of citizenship, both in and out of uniform. Athletes are expected to be loyal to their school, to fellow team members, and to their common purpose. Per CHSAA rules, the use of smoking materials, alcohol, or illegal drugs will be grounds for benching/loss of game play, non-receipt of athletic letter, and /or immediate suspension or removal from the program. Insubordination, physical or verbal altercations between members, verbal/physical derogatory expressions are considered inappropriate conduct and will not be tolerated. Violation of any rules established by the coaches and/or administration may result in one or more of the following: benching/loss of game time, dismissal from practice / game, non-receipt of athletic letter, and/or suspension or removal from the program.

The equipment in our program is valuable to the development of our teams. This equipment has been procured through the hard work of fundraisers, athletic participation fees, and the community's tax dollars. Replacement of damaged or lost equipment can be charged directly to the individual(s) responsible.

Should an athlete leave the program under unapproved conditions they may not try out for volleyball at DRHS again without coaching staff approval. If your athlete is removed or quits the team, monies paid will not be refunded.

## Practice Times

Teams will practice in a window between 3:30 PM – 6 PM. It is up to your coach's discretion whether this time is increased or decreased. Coaches may request that an athlete or team practice longer than their regularly scheduled time or add additional practices or competitions if deemed necessary

## Attendance at Practices, Matches & Events

### Attendance

- **Attendance is mandatory** at all games, practices, meetings, tournaments, and team functions; this includes team fundraisers, fall break, service projects, etc.
- **Fall break practices and competitions are mandatory.**
- An athlete is expected to be on time for all obligations. If at any time an athlete is going to be late they must notify their coach through GroupMe to avoid an unexcused absence.
- In case of illness, the athlete is expected to notify their coach directly through GroupMe of the absence before 12pm or upon leaving school.
- Unexcused absences will result in disciplinary actions.
- School related absences and tardiness require prior approval to be cleared.
- Attendance will be tracked all season; loss of playing time, non-receipt of letter, and suspension or removal from the program could result from excused absences, unexcused absences, and tardiness.
- After school jobs, vacations, making up tests without **prior** approval, or attending a practice for another sport or organization are not considered to be excused absences.

- In the case of medical excuses other than illness (i.e., injuries, or any other condition that might physically hinder the athlete from practicing), they are required to come to practice and watch to remain a member in good standing.
- If an athlete goes to the doctor, they must have a doctor's note to be able to participate in practice, games, and tournaments. If an athlete does not get a note they must sit out until the certified trainer receives and clears the athlete.

**Coaches' discretion will be used in all circumstances.**

*Extended absences for illness, injury, emergency, rule of the team or family functions will be addressed individually*

### **Excused Absences**

- **Any Excused Absences directly before a match will require a player to sit one set in the match**
- First 3 excused absences (Sickness, Doctor's appointment, pre-arranged and mandatory school activities) – no consequence if not directly prior to a match. Please understand if your player misses a practice, a player from any team may end up taking her position and playing time.
- After the 4th excused absence - player will not be permitted to play the first set of the following match.
- After the 5th excused absence - player will not be permitted to play the next match.
- After the 6th excused absence – Meeting with coaches and possible dismissal from the program.

**Coaches' discretion will be used in all circumstances.**

### **Unexcused Absences**

- **Any Unexcused Absences before a match player will have to sit one match)**
- First unexcused absence (After school jobs, vacations, making up tests without **prior** approval, or attending a practice for another sport or organization) - player will not be permitted to play the first set of the following match.
- Second unexcused absence - player will not be permitted to play the next match
- Third unexcused absence - Meeting with coaches and possible dismissal from the program.

**Coaches' discretion will be used in all circumstances.**

### **PLAYER ATTENDANCE & DUTIES AT HOME GAMES**

Home games are very important. We want to show our school pride and program spirit. All athletes will have assigned duties at home games through the completion of the varsity match. Staying for the duration of these games and spending time watching all levels is a valuable teaching tool.

\*\*\*\*\*Away games you may leave earlier, parent sign out is required.\*\*\*\*\*

## **School Attendance**

- an athlete must be present for the full school day to be eligible to participate in a game after school that day.
- ½ day minimum attendance is required for any practice dates.
- prior approval for scheduled appointments on game & practice days

## **Daily Practice Procedures**

1. Arrive as early as possible for practice, BE ON TIME! (15 mins. early is on time)
  - . Eat a good lunch/snack!
2. Spend a few minutes a day in mental preparation for every practice.
  - a. Attitude – 100% Effort – Team Play – Be Ready to Compete
  - b. Personal disassociation from any distractions
  - c. When does practice start for you?
3. Practice: Don't pace yourself, be ready to compete
  - a. Be ready to give 100% physically and mentally when you step on the court
4. Teams must be in Dakota practice t-shirts unless the coach awards a 'free' day.
  - a. Team captains will ensure that all players know what color shirt to wear for every practice.
5. All team members must set up and take down nets.
6. No cell phones during practice! Keep them out of sight for the entire practice.
7. Post-Practice
  - a. Take time to stretch and cool down
  - b. Coaches will be available for questions, concerns, etc.
8. Use appropriate language, kindness to teammates, and be loyal!
9. Positive Self-Talk and get comfortable being uncomfortable
  - a. No negative "self-talk" or discouraging statements about teammates
  - b. The only emotion we show is positive – be mentally tough
10. Remember who you are and what you represent!
  - a. Create a positive image for Eagle Volleyball
11. Treat all teammates and coaches with dignity and respect.

12. Be in the moment and enjoy it, the season goes by faster than you can imagine.!

### **Parents**

Parents are an integral part of the success of Dakota's Volleyball Program. Parent volunteers make the program run efficiently! We simply couldn't do the things we do with our athletes without you! The Eagles enjoy an exceptional level of encouragement, support and sportsmanship from members of their extended family, including parents, teachers, school administrators and fans. We welcome the chance to continue that tradition of pride and support.

### **COMMUNICATION PROTOCOL**

We follow the detailed communication protocol outlined in the Eagle's High School Student Athlete / Parent Handbook

Dakota's coaches are striving to create confident, capable young women. We are always happy to talk to players about what they can do better. Please encourage your daughters to speak directly with their coaches.

### **24 hour rule**

If you are concerned about a volleyball-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. Meetings will need to be scheduled before or after practices only. If you choose not to follow this rule, your daughter will miss the entire next match.

Please remember that every coach on staff is doing their best to make the best decisions for the team and your daughters. We all want the best for every athlete in our program. Let's work together for a great season of Eagle Volleyball!

### **Player Expectations**

The Dakota Ridge Volleyball Program stands for integrity, character, and excellence. Being a member of a Dakota volleyball team is a privilege, and there are responsibilities that go along with this privilege.

- Members are expected to represent the community, district, school, program, families and friends in a positive and respectful manner.
- Athletes will treat coaches and other athletes with respect.
- Athletes will exhibit a positive team attitude throughout the volleyball season.
- Athletes will communicate openly with coaches.
- Athletes will follow the team rules, including mandatory attendance at practices and matches.
- Athletes will abide by the athletic code in its entirety.
- Athletes will turn in all uniforms and equipment at the end of the season at the specified time and in good condition.

Failure to comply with Dakota's Volleyball policies and expectations will result in progressive discipline in the following manner:

- The coach will talk with the athlete individually about the misbehavior. A plan will be put into place to improve the behavior.

- If the problem persists, the coach will suspend the player for one match and set up a meeting with the athlete and the parents.
- The athlete will have a chance to correct the behavior.
- If the problem continues, the athlete will be suspended for the remainder of the season.
- Finally, if the athlete refuses to correct the behavior, she will be removed from the program.

I have read, understand & agree to abide by the Policies, Procedures and Expectations.