



2024

**THE
FALCON
WAY
PLAYER
HANDBOOK**



TRAIN LIKE A SCIENTIST

Coaching Staff

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Communication:

- Program wide (Players/Coaches) Band communication, instructions and important information will be disseminated in this platform
- Each Head Coach will have a separate chat group for each team (Players/Coaches)
- Parent communication will take place via email, phone, text
- Being late or missing practice - notify your Head Coach (Band, Email) - do not give a message to another athlete in the program
- Being absent from a match/tournament - communication should be via email, which would include player, parent and head coach



Student -Athlete Rules & Expectations

- **Trust, Positive, Honesty, Mindfulness, Competitiveness & Joy**

School Expectations

- School is your first priority – not athletics. This does not excuse you from volleyball activities. You are responsible for managing your time to ensure your success both in the classroom and on the court.
- You must stay academically eligible and follow the athletics code of conduct or you will be excused from the team.
 - Homework is allowed to be completed during away matches in the first set of the match (for JV players, during the first set of the Varsity match, homework is allowed; Varsity players, during the first set of the JV matches, homework is allowed) Any exceptions need to be discussed with the Varsity Head Coach (Coach Awe)
- You represent this volleyball program every day in school. If your conduct in the classroom is inappropriate there will be a player/parent meeting to discuss the behavior. This may result in dismissal from the team.

Student -Athlete Rules & Expectations

Matches/ Game Day:

- Support your teammates on and off the court, no one's light needs to dim for others to shine, be accountable for your own words/actions
- JV1 & JV2 players will be expected to stay for conference Varsity matches (both home and away). Exceptions can be made, contact the Varsity Head Coach (Coach Awe) in advance to discuss.
- JV1 & JV2 players will be assigned specific duties during Varsity matches on a rotating basis (ball shagging or libero tracking)
- Varsity will be expected to be at JV 1 & JV2 conference matches (both home and away)
- Home tournaments (all levels), the other teams will be working. Players are all required to be present during their work matches.
- Westosha Central gear (t-shirts/sweatshirts) must be worn during practices; no club shirts, no other school gear. College gear is acceptable.
 - Exception: on Theme Days; the practice gear is relative to the specific theme
- On match/tournament days (or on Fridays before a Saturday event) Westosha Central gear must be worn
- Clean up in ANY gym we play in, pick up water/gatorade bottles, DO NOT leave garbage on the floor at the benches or on the school bus **(Leave every place better than the way you found it)**

Student -Athlete Rules & Expectations

Practices:

- Athletes were those players who found and embraced a role, became great encouragers, and enjoyed being part of something bigger than themselves.
- Players who can be this selfless and still have great work habits often become the most successful in life with careers and families because they can put others first and make them better.
- Players are expected to work hard in practice to improve their individual skills. Dedication to becoming better individual players will make this team more successful. If a player is not committed to excellence and is detrimental to other players in work ethic and/or attitude, she will be asked to leave practice. We will not tolerate drama, poor sportsmanship, or other types of negative behavior. Repetitive issues with behavior may result in dismissal from the team.
- All practices are mandatory, unless excused by your Head Coach before practice begins
 - Excused absences may include but are not limited - illness, death in the family, college visit, etc.
 - Make every effort to schedule appointments outside of practice/match/tournament times
 - Vacations are not excused absences, avoid scheduling vacations during the season
 - If a player is injured they are still expected to be at practice. They should be getting treatment in the training room and/or assisting in drills whatever way they can.
- Being late or missing practice - notify your head coach with an explanation (Band, Email) - do not give a message to another athlete in the program
- Being on time = being early!
- **All players are expected to assist with equipment set up and take down.**
- No player is allowed to leave the gym until all equipment is properly stored away in the equipment closet

Student -Athlete Rules & Expectations

Playing Time:

- Playing time is earned through a plethora of factors. Time on the court is determined by: skill level, efforts at practice and during game/competition situations, attitude, and conduct at school and in the community
- Some players will play more than others in competitive high school athletic; that is the nature of being in a competitive program.
- We strive to provide in-game/competition experience for every participant in our program within all scheduled contests
- Roles will look different for every athlete and position. Please know that all positions are significant at the high school level.
It is an honor to have one's name on the roster. When players can embrace any role(no matter the size), become great encouragers, and enjoy being part of something bigger than themselves they will be successful long after playing in athletics.
- Due to the nature of sports, injuries will be a factor in determining who plays and how much. Although an athlete will never be penalized for an injury, changes in playing time may naturally occur as a result.
- Playing time will also follow specific rotations depending on a number of factors including: the opponent, conference vs. non-conference, and recent performances
- We encourage our athletes to take responsibility in this area. When student-athletes have questions or concerns about their role within the team, the expectation is that the athlete initiates a conversation with the coaching staff.

Student -Athlete Rules & Expectations

Playing Time continued:

- If families have playing time/participation concerns, the athlete must be empowered to take the lead in the conversation. We prefer asking "What can I do to help the team?" instead of "How can I earn more playing time?"

Uniforms:

- School issued jerseys, warm-up jacket, and backpack: the student-athlete is responsible for the care and control of the jersey/equipment. Any lost material, the student-athlete will be financially responsible and billed at the end of the season to replace the jersey/equipment.
- Uniforms should be washed in cold water, no machine drying, air dry, no bleach

Transportation:

- Players are expected to travel with the team/program on the bus (school provided transportation)
- When there is bus transportation, players will be required to return on the bus with the rest of the team
 - May ride home with parents if paperwork is turned into the athletics office
 - Emergency situations occur and we will be considerate to those circumstances, contact your head coach as soon as possible
- You may bring snacks, juice, water, and/or sports drinks on the bus. Please clean up after yourselves. If trash is left behind on the bus or in the gym this privilege will be removed.

Social Media:

Instagram:

@centralfalconsgirlsvball



Twitter (X):

@westoshavball



Facebook:



@Westosha Central Girls Volleyball

Updates will always be posted on all social media outlets

Parent Expectations:

- Parent Responsibilities for Home Matches
 - JV Matches - we ask that varsity parents sign up to help with concessions during this time.
 - Varsity Matches- we ask that JV parents sign up to help with concessions during this time
- Respect the schedule, picking up and dropping off players timely
- If there is an incident you want to discuss with your daughter's head coach there is a 24-hour rule in our program. This allows both sides to cool down and approach the conversation with more clarity. In the event that this rule is broken, there will be an automatic one-match suspension for the player. In case of an emergency situation and when warranted, the 24 hour rule may not apply.
 - Absolutely no contact/approaching a coach in the middle of a match/tournament to inquire about playing time
 - Athlete discusses the issue with parents/guardians to prepare thoughts and ideas – then the athlete arranges an individual meeting with his/her coach. Within these meetings, all topics regarding the individual athlete are fair to discuss.
 - If the meeting between athlete and coach does not yield positive results, either party may request a meeting involving the parents/guardians. Any meeting held with a parent/guardian will also always include the athlete. When parents find themselves upset, we ask that everyone take 24 hours to let emotions calm, then contact the coach to arrange an in-person appointment. Long emails, voicemails, or post-game confrontations will not be acceptable.
 - If a family and coach are at an impasse, a meeting will be scheduled to involve the student, family, coach(es), and the Athletic Director.
- Be a parent and not a coach

Being a parent is exciting, difficult, rewarding, complex...the list goes on and on. Parenting a high school student-athlete only multiplies the emotions, triumphs, and challenges that every family experiences along the way. Below you will find a set of parent expectations adapted from the book [InsideOut Coaching: How Sports Can Transform Lives](#) by Joe Ehrmann. Our goal is to create a culture and community of parents that strive to model these expectations while encouraging other adults to join them as well.

- Understand and endorse the purpose of our programs: to help students become men and women of empathy and integrity who will lead, be responsible, and change the world for good.
- Support the coaches by applauding behavior in your child and his/her teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
- Affirm your son/daughter and his/her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only his/her athletic performance or a victory.
- Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.
- Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your son/daughter plays or what the win-loss record is.
- Encourage your child and his teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your son/daughter present the problem to his/her coach. We want players to develop self-advocacy. After meeting with his/her coach, if the issue requires more clarity, request an in-person meeting with the coach.
- Because I am a parent/guardian with the power and platform to make a positive difference in the life of every player, I commit to this set of expectations. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.