

Geneva Volleyball

2019-2020

*Rules and regulations for the JR. High, JV and Varsity Volleyball teams

By being a participant on these teams you agree to follow all rules and guidelines in this handout.

I hope to create a program with responsible, respectful athletes who are successful on the court, in the classroom and in life. Knowing that this is an increasingly competitive and popular sport, I want to promote athletic growth that will get us to reach above and beyond goals we set every year. I hope that this is an enjoyable experience for your child and hope *understanding* and communication remain open and friendly. We are all here to teach, to learn from and to support your child. Please support us in creating this program. –Coach Annah Haeseler

You can reach everyone listed below by calling the school (466-4831) and leaving a message with the athletic director or at our voice mail accounts. We will return your call in a timely manner.

Annah Haeseler: Head coach

Jennifer Ball: Junior Varsity

Kylee Corlew: High School Assistant

Anne Corlew: 8th grade

Patty Bielech: 7th grade

Emily Corlew: Middle School Assistant

FORMS: In order to tryout/participate in a sport here at Geneva High School you must turn in the following forms. These forms must be filled in entirely.

- OHSAA 2019-2020 Physical Form
- Lyndsey Law and Concussion form are included
- Athletic Code of Conduct
- Emergency Medical Form
- Pay to Participate form and payment (this is due to the central office by August 5th)
- You can find all of these forms at genevaeagles.com under the files tab.

Tryouts: Tryouts are held starting August 1st. During tryouts coaches are looking for many things. We consider the following: Attitude, Hustle, Work ethic, Sportsmanship, Effort, Athletic ability, Volleyball Skill, Team chemistry, Positions needed....

We try to keep between 10-12 athletes per team.

Practices: Practice is as important as game days. Practice makes you stronger and faster and creates better skills. Every athlete must attend practice every day. Penalties will occur for practices missed.

□ **For each practice missed, one match will be missed.**

□ Injury: If you have an injury you should still attend practice. Coaches will administer rehab and ice and you can still be involved with your team. The trainer may want to visit with you at practice time. If you miss practice because of an injury or sit out from practice, a doctor's written release will be needed to return to participate in practice/match.

□ Acceptable reasons for missing practice:

- *Death in the family
- *Emergency illness/birth in the family
- *Dr. appointment for a current injury
- *You are ill and coaches have agreed that it is best to send you home. If you leave from school, have the school nurse call Coach Haeseler to let her know.

Regular doctor's appointments, dentist, etc... should be made for the weekends or after practices.

Your coach will notify athletes of practice times or changes in practice. Please have your rides pick you up at the end of practice. **Coaches have to stay at the school until every athlete is picked up. We want to go home too!! Thank you. ☺**

Injury: It is the athlete's responsibility to notify the coach of pain or of injury!!!

If your child has an injury your coach will assess the injury and get medical supplies (ice, bandages, etc...) if needed. The coach will fill out an injury report and turn it into the Athletic Director. A parent will be notified immediately if it is an emergency or if a doctor should be seen. If a minor injury the child may notify the parent after the practice or match. A doctor appointment should be made ASAP if needed.

An athlete can return to practice and match play when the coach feels the athlete is ready. If an athlete misses practices or matches, a medical release will be needed first to return to play. As soon as an athlete can practice through a full practice without complaint or extra rest then that athlete may participate in the next match depending on whether practices were skipped. Athletes should still attend practice with an injury if she intends to continue with the sport.

Behavior: Being an athlete has some responsibility. You are a role model for others. Behavior should be a priority. **Remember that you are representing your school, your coach, your parents and most importantly yourself. Act accordingly.**

- ❑ **Stay out of trouble! Keep your grades up!**
- ❑ **NO detentions!!!!**
- ❑ **Follow all rules and guidelines from the Athletic Handbook and the School Conduct Code!!!!!!!**

Game day: Playing time is the coaches' discretion! It is important to understand that equal

playing time is impossible and unrealistic in this sport. Every athlete in volleyball plays a position and only so many people can play that position. Playing time is determined by skill level, conditioning level, and team mechanics. Playing time will not be equal. Please have your child talk to your coach if you have concerns, but understand the coach is doing his/her best to do what is best for the team. Playing time expectations will be discussed with your daughter prior to the first match.

Game day is an exciting time. Whether it is an away match or a home match there are many things you must do to help and many things to understand.

Home matches:

- ❑ All athletes must help setting up the gym and help the coach to get the gym ready for a match. Bleachers, medical equipment, volleyballs, the nets, chairs, must all be set up. Pay attention to the first match so that you know what job is yours.
- ❑ All athletes must help the other Geneva teams to get ready for a match. For example, 7th graders help to gather volleyballs, and support the 8th graders when they warm up. JV players gather volleyballs and support the varsity when they warm up. Varsity does the same for the JV team. Everyone helps each other.
- ❑ Athletes always sit with your team on game days. Do not sit with the fans. The team always sits together. **NO CELL PHONES DURING ANY MATCHES! Watch the game a cheer for your teammate.**
- ❑ All players must stay until all play is over. 7th graders stay until the 8th grade game is finished and the nets and equipment is put away. All JV players stay until varsity is finished and gym is cleared.
- ❑ Coaches may call a meeting for all athletes after game play has finished for the night. Do not leave until your coach has dismissed you.

Away matches:

- ❑ Remember all materials: shoes, knee pads, jersey, etc..
- ❑ A medical kit should be brought and returned to every away match

- ❑ Be prepared for the bus. Your coach should let you know of the bus time and where you are to be before the bus arrives.
- ❑ Remember your behavior and whom you are representing!!
- ❑ Athletes always sit with your team on game days. Do not sit with the fans. The team always stays together.
- ❑ All athletes **must ride the bus to the match!! They may ride home with a parent. The parent must sign out their daughter on a sign out sheet!!!**
- Coaches may make announcements on the bus on the way home. Be sure to find a way to get that information.

Please support the volleyball teams at all levels. Come to one of the other matches and show your support.

Summer programs and camps: Geneva usually offers one camp to our students and there are many camps out there not affiliated with Geneva High School. In the spring, listen to the morning PA announcements for volleyball camp information. Playing volleyball in the summer will help your skills and your performance during the season, but **attending these camps or playing in leagues over the summer is not a guarantee that you will make the team.**

I do give each athlete at the end of the school year a schedule of events, including conditioning dates, open gyms dates, and tryout dates. Again **attending conditioning and/or following the program is not a guarantee that you will make the team.**

There are exceptions to every rule. Every player is different and every situation is different. We are all trying to do what is best for the team, for your daughter and for the school. If there are any questions or concerns, please feel free to talk calmly to your coach.

Please do not call the coach after a match! Call the school and leave us a message, we will return your call ASAP. Emotions are high after a match. Wait till the next day and then call. If you would like to discuss playing time regarding your daughter, we ask that your daughter address it with the coach first. If the problem is not resolved, then we will meet with a parent **and** the athlete. Remember that playing time is always coaches discretion.

YOU CAN FIND A TON OF INFORMATION AT OUR NEW ATHLETIC WEB PAGE:

www.genevaeagles.com