

MANCHESTER GIRLS VOLLEYBALL EXPECTATIONS



PLAYER EXPECTATIONS:

1. You must attend and participate in each day of tryouts to be considered for the team
 - a. Tryouts are August 5th & 6th
 - b. You must attend all tryout dates & practices in August
 - i. Practices begin immediately after cuts are made
 - ii. Practices are Monday - Saturday
 - iii. Plan family vacations, summer vacations and jobs before August and around our practices
2. "If you are early, you are on time; if you are on time, you are late"
 - a. Arrive for practices at least 15 minutes early
 - b. Home match arrival times:
 - i. JV is expected to arrive at 4:15 pm
 - ii. Varsity is expected to arrive at 5:30 pm
 - c. Away bus departure times will be given out once teams are made. Both teams will leave together. Nobody is allowed to drive themselves to the match!
 - d. Athletes will not leave after school on days we have away games. We will organize team meals for those dates.
 - e. If players are staying after school for a home match or later practice time they must:
 - i. Tell Coach at least a day in advance
 - ii. May not leave the building and must be with a coach at all times
 - iii. Have food provided for them
3. Practice shirts are to be worn during practices (Will be issued and available after tryouts)

4. You must wear Manchester HS/Volleyball gear to practice and games; no travel gear
5. You will help set up and take down equipment each day
6. You will wait to be dismissed by your coach after the gymnasium has been cleaned and all the equipment has been put away on game and practice days
7. Be present and on-time to school every day so you do not have to miss valuable practice time to make up work
8. Please try and schedule all appointments (doctors, teachers, etc.) around our playing schedule
9. If you are unable to attend practice you must let your coach know personally, **before practice**. You may do so via email at carol_hutchings@ccpsnet.net
 - a. It will be an unexcused absence if I hear about it from anyone else besides you
10. If you do not attend practice, you do not play.
 - a. **Playing time is earned, not given**
 - b. Even if you are injured you are expected to attend practice
11. You will accept your role within the program and perform the duties needed to the best of your abilities.
12. You will represent Manchester High School, the Girls Volleyball Program, coaches and your family at all times with the utmost respect and prestige
13. You will show respect and good sportsmanship to your coaches, teammates, teachers, parents and officials at all times. Excuses and whining are not tolerated.
14. If an official should penalize you for unsportsmanlike conduct, expect to have a meeting with the coaches and be penalized at the next set, match or practice (whichever comes first).
15. **All players will contact the coach first about an issue they may have before any parent or guardian reaches out.**
16. Actions detrimental to the team that may result in dismissal from the program:
 - a. Actions detrimental include:
 - i. Use of tobacco, drugs or alcohol anywhere
 - ii. Any disrespectful actions to the coaches, teachers, teammates or officials (lying, talking back, rolling of your eyes, slamming the ball down, etc.)
 - iii. Hazing
 - iv. Causing unnecessary drama within the program (bullying, trash talking on social media, fighting, etc.)

- v. Theft or destruction of property
- 17. Work (**your job**) will not interfere with practice times or games
- 18. Cell phones are not prohibited on the bench or anywhere they can be seen during games or practices
- 19. Home games - wear jerseys to school with sweats or jeans
- 20. Away games - dress professionally

PARENT EXPECTATIONS:

1. Playing time is not up for discussion at any times during the season, each athlete has a role in some way, shape, or form; even if it is not the role you want to see them in as a parent.
 - **For this program to be successful we must all learn to accept the roles we are given to make the team successful, and to do those roles to the best of our abilities -**
2. Have your child to practices on time and pick them up within 15 minutes after the end of practice
3. Schedule all appointments (doctors, teachers, etc.) around our playing schedule
4. Hold your child accountable for contact with the coaches. Our relationship is with your child first and foremost, if they have a concern, frustration, or question please encourage them to come and talk to us first.
5. Please represent Manchester HS and your daughter at all times with the utmost respect and prestige
6. Show respect and good sportsmanship to coaches, other players, other parents and officials at all times
7. Understand and accept the player cell phone, social media, discipline and attendance expectations
8. All parents will follow the 24 hour rule before contacting the coach about an issue that their **child** may have
9. **Please always be a supportive, energetic, involved team player and positive parent**

DISCIPLINE:

1. **Excused Absence** to practice or a game - Remember if you do not practice, you do not play! (Any excused absence is one that is communicated to the coach beforehand)
 - a. Miss a start in the next set/match
 - b. More than one excused absence may result in a meeting with the coach and possibly sitting an entire set or match
2. **Unexcused Absence or Tardy** to practice or a game -
 - a. First time - Meeting with coach
 - b. Second time - Meeting with coach and parents, and benched for 1st set of next match

- c. Third time - Benched for entire match
- d. Fourth time - Dismissal from program
- 3. **Social Media** - Inappropriate content on social media may result in a player/coach/parent meeting, a game/multiple games suspension or dismissal from the program
- 4. **ISD** - You are not allowed to participate in practice or play in a match the day you have to serve your ISD, but you are expected to still attend to watch and learn; it will count as an unexcused absence
- 5. **Suspensions** - Suspension from school during the season will result in a meeting with the AD, Principal and Coach to begin the process of your possible return to the team once your suspension has been completed.

PRE-SEASON EXPECTATIONS:

- 1. Attend as many open gym/conditioning opportunities as possible - see calendar below
 - a. Must have a 2018-2019 VHSL Physical on file
- 2. Attend a volleyball camp or two
 - a. <https://rvc.net/summer-camps/>
 - b. <https://www.nvva.com/allskillscamp>
 - c. <https://www.nvva.com/hsprep-camp>
 - d. <https://www.williamsburgvolleyball.com/clinics>
 - e. <http://www.jodyrogersvolleyballcamp.com/>
 - f. <http://www.totalcamps.com/LIBERTYVOLLEYBALLCAMPS/home>
 - g. <http://www.jillwilsonvolleyballcamp.com/>

PAPERWORK REQUIRED FOR TRYOUTS:

- 1. 2019-2020 VHSL Physical completed and dated after May 1, 2019
 - a. These will be offered at Manchester HS on June 6th, immediately after school. Cost is typically 25 dollars.
- 2. Concussion Form
- 3. Insurance Form
- 4. Sportsmanship Form
- 5. HCA Athlete Information Sheet
- 6. Copy of your final 2018-2019 Report Card

TRYOUT CRITERIA:

1. Passing ability based on the standard 0-3 point scale
2. Service %, accuracy, diversity, ability
3. Hitting %, accuracy, diversity, ability
4. Athleticism & level of conditioning
5. Sportsmanship & Character
6. Effort & Hustle

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 OPEN GYM 3:15-5:15 (pm)	4
5	6	7	8	9	10 OPEN GYM 3:15-5:15 (pm)	11
12	13	14	15	16	17 OPEN GYM 3:15-5:15 (pm)	18
19	20	21	22	23	24 OPEN GYM 3:15-5:15 (pm)	25
26	27	28	29	30	31	

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 OPEN GYM 3:15-5:15 (pm)	15
16	17	18	19	20	21 OPEN GYM 3:15-5:15 (pm)	22
23 30	24	25	26	27	28 OPEN GYM 3:15-5:15 (pm)	29

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 DEAD PERIOD	2 DEAD PERIOD	3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6
7	8	9 OPEN GYM 9:00 - 11:00 (am)	10	11 OPEN GYM 9:00 - 11:00 (am)	12	13
14	15	16 OPEN GYM 9:00 - 11:00 (am)	17	18 OPEN GYM 9:00 - 11:00 (am)	19	20
21	22	23	24	25 OPEN GYM 9:00 - 11:00 (am)	26	27
28	29	30 OPEN GYM 9:00 - 11:00 (am)	31			

AUGUST 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OPEN GYM 9:00 - 11:00 (am)	2	3
4	5 TRYOUTS 3:00- 5:30 (pm)	6 TRYOUTS 3:00- 5:30 (pm)	7 PRACTICE 3:00 - 5:30 (pm)	8 PRACTICE 3:00 - 5:30 (pm)	9 PRACTICE 3:00 - 5:30 (pm)	10 PRACTICE 8:00 - 10:30 (am)
11	12 PRACTICE 3:00 - 5:30 (pm)	13 PRACTICE 3:00 - 5:30 (pm)	14 PRACTICE 3:00 - 5:30 (pm)	15 SCRIMMAGE @ PRINCE GEORGE Bus leaves @ 1:30 pm	16 PRACTICE 3:00 - 5:30 (pm)	17 PRACTICE 8:00 - 10:30 (am)
18	19 PRACTICE 3:00 - 5:30 (pm)	20 PRACTICE 3:00 - 5:30 (pm)	21 PRACTICE 3:00 - 5:30 (pm)	22 JAMBOREE 8 AM - 6 PM	23 PRACTICE 3:00 - 5:30 (pm)	24 PRACTICE 8:00 - 10:30 (am)
25	26 PRACTICE 2:30 - 4:30 (pm)	27 PRACTICE 3:00 - 5:00 (pm)	28 PRACTICE 3:00 - 5:00 (pm)	29 @ BIRD Bus leaves @ 4:15 PM	30 PRACTICE 3:00 - 5:00 (pm)	31