

RRHS Girls Volleyball 2023 - 2024

Philosophy: Work hard throughout the season. Learn and enjoy the sport we play. Compete at our highest level. Always remain positive and support teammates and the entire program. Develop our skills and knowledge and build a volleyball community.

Academics and Attendance:

1. **Attending and succeeding in ALL classes (including advisory) is your first priority during the volleyball season (and throughout the entire school year).** If at any time you are having trouble with a class, notify Coach Creamer and the other coaches immediately. It is your responsibility to participate in class, stay focused and on task, and communicate with your teachers.
2. Staying after school to get help from a teacher or to complete an assignment or test will ALWAYS be an excused tardy to practice. Please notify Coach Creamer and your team coach at least 1 day before missing practice and get a note from that teacher stating the date and time you worked in their classroom. **Email communication is recommended.**
3. Student athletes must maintain a GPA of 2.0 or higher and be passing 5 out of their 6 classes to be eligible to play games. **(2 or more F's during the season makes you ineligible).**
4. ***All Varsity players must remain at a 2.5 minimum GPA.**
5. Attendance to *ALL class periods* is mandatory including advisory and especially on game days.
6. All absences must be communicated ahead of time, as soon as possible, no later than 1 day prior to the scheduled absence, not including an emergency.
7. **Inconsistent attendance to classes, practice, or games, including arriving late and leaving early is not acceptable. Repeated tardiness will compromise playing time in games. Two or more unexcused absences from a class or combination of classes, practice and/or game(s) will result in compromised playing time and ability to continue to participate in the volleyball program.**
 - **Attendance, grade checks and behavior checks will be conducted regularly** by Head Coach Janay Creamer & Jami Gore the Athletic Director.

Practice:

1. **SHOW UP.** If you must miss a practice or game, tell Coach Creamer and your team coach ahead of time. If you have an unexcused absence, then you will jeopardize your ability to play in the next game. **If you are sick and unable to attend practice, call or email a Coach as soon as possible before the start of practice.**

Coaches should not be wondering where you are or why you are not at practice. Communication should be early (at least 1 day notice) and honest.

Excused absences for practice and games are as follows:

- Pre-scheduled Medical Appointment
- Family Emergency
- School Sponsored Event
- Illness (*please stay home until you are feeling well enough to attend practice as a spectator or participant, wearing a mask upon return for the first few days and whenever feeling ill is highly encouraged to prevent other teammates from becoming sick as well.)

2. **BE ON TIME.** Practice starts promptly at the scheduled practice times. At the start of practice players must be completely changed and ready to participate.

C- Team Practice time 3:00 - 5:00, JV 4:30 - 6:30, Varsity 3:00 - 5:30

*maybe longer or shorter as needed, prior notice will be given.

4. The WIAA requires a minimum of 10 practices before a player may participate in any game. Missing practice during the first two weeks will jeopardize participation in the first game.

5. The WIAA rules “prohibit coaches from giving athletes special treatment on a regular basis through late arrival, early dismissal, or missing practice altogether, in order for that athlete to meet the commitment with non-school sports programs.” As a result, although participation is not prohibited, no practice or game will be excused due to involvement with other teams and/or private lessons.

Games:

1. For all home games every player must be properly dressed and on the court.
2. For away games, all players must ride the bus to the game unless otherwise specified. Buses will not be provided to Timberline or North Thurston HS. These games will be self-transport and the responsibility of the student athletes to find/coordinate transportation.

After the game, players may ride home with THEIR parents if a travel release form has been completed. They may ride with the parent of another player upon expressed written approval at the beginning of the season. Parents will need to physically check your player out with the coach before leaving. **The coach needs to visibly see the parent before the player will be released.**

3. **During every game players need to be focused on the game, their teammates, and their coaches. Outside distractions, such as conversations in the stands, cell phones, air pods and other electronics will not be tolerated.**

General Program Expectations:

These expectations apply to all athletes and are non-negotiable.

1. **Positive and kind attitude**

















2. Full and genuine effort
3. Supportive and encouraging energy
4. Open and honest communication

Sportsmanship:

1. **Players will display only support and respect for their teammates and coaches.** During practice players are expected to offer each other positive reinforcement and to show respect for the entire coaching staff. This includes *appropriate* language during all practices and games.
2. **Players will always show respect for any game official and the other team’s players and staff. At no time before/during/or after a game should a player make negative comments to an official.** If a player has concerns about an official during the game they need to bring these to the coach immediately.




General Skills observed & assessed

C-Team Focus: Learning & Attempting	JV Focus: Learning & Developing	Varsity Focus: Learning & Performing
<ul style="list-style-type: none"> • <input type="checkbox"/> Serving (underhand OK, overhand encouraged) 	<ul style="list-style-type: none"> • <input type="checkbox"/> Serving (overhand <u>strongly</u> encouraged) 	<ul style="list-style-type: none"> • <input type="checkbox"/> Serving (overhand mandatory, zone encouraged, jump encouraged) strength, consistency, diversity
<ul style="list-style-type: none"> • <input type="checkbox"/> Proper passing form/platform Serve Receive 	<ul style="list-style-type: none"> • <input type="checkbox"/> Serve Receive - can read and pass serves 	<ul style="list-style-type: none"> • <input type="checkbox"/> PASSING:
<ul style="list-style-type: none"> • <input type="checkbox"/> 	<ul style="list-style-type: none"> • <input type="checkbox"/> Competitive passing over the net 	<ul style="list-style-type: none"> • <input type="checkbox"/> Serve Receive - can read and pass serves

<p>Free ball passing over the net</p> <p>• </p>	<p>• </p> <p>Digging - can dig spiked balls</p>	<p>• </p> <p>Proper passing form/platform</p>
<p>Hitting approach and form</p> <p>• </p>	<p>• </p> <p>Hitting - approach, form, court zone location</p>	<p>• </p> <p>Digging - can dig spiked balls</p>
<p>Setting - platform OK, hand encouraged</p> <p>• </p>	<p>• </p> <p>Setting - mostly hand sets, platform occasional</p>	<p>• </p> <p>Proactive footwork</p>
<p>Covering - anticipate</p> <p>• </p>	<p>• </p> <p>Covering - anticipate & react</p>	<p>• </p> <p>Proper reactive form</p>
<p>No Dropped Balls - high effort and sacrifice</p> <p>• </p>	<p>• </p> <p>No Dropped Balls - high effort and sacrifice</p>	<p>• </p> <p>Hitting - approach, court zone location, diversity, accuracy, strength</p>
<p>Attempting to make responsible/smart decisions</p>		<p>• </p>

<ul style="list-style-type: none">• <input type="checkbox"/> Talking/Communicating - learning and use volleyball language• <input type="checkbox"/> Stay positive and applies feedback from coaches	<ul style="list-style-type: none">• <input type="checkbox"/> Demonstrate responsible/smart decision making• <input type="checkbox"/> Talking/Communicating - vocal and helpful• <input type="checkbox"/> Overcoming/Not getting down in spirit or effort• <input type="checkbox"/> Stays positive and applies feedback coaches	<ul style="list-style-type: none">• <input type="checkbox"/> Blocking - strength, successfulness• <input type="checkbox"/> Setting - hand mandatory, location, cleanliness• <input type="checkbox"/> Covering - anticipate and react, read hitter and blockers• <input type="checkbox"/> No Dropped Balls - high effort and sacrifice• <input type="checkbox"/> Responsible/Smart Decision Making• <input type="checkbox"/> Talking/Communicating - vocal & helpful volleyball language
--	---	--

		<ul style="list-style-type: none"><li data-bbox="1079 262 1396 525">• <input data-bbox="1144 262 1250 367" type="checkbox"/> Overcoming/Not getting down in spirit or effort - positive<li data-bbox="1079 577 1396 808">• <input data-bbox="1144 577 1250 682" type="checkbox"/> Knowledge of position and rotation<li data-bbox="1079 861 1396 1123">• <input data-bbox="1144 861 1250 966" type="checkbox"/> Overall consistency in demeanor and skills/play<li data-bbox="1079 1176 1396 1438">• <input data-bbox="1144 1176 1250 1281" type="checkbox"/> General passion & drive - self-motivated and love for the game<li data-bbox="1079 1564 1396 1795">• <input data-bbox="1144 1564 1250 1669" type="checkbox"/> Individual and team goal achievement
--	--	---

		<ul style="list-style-type: none"> •  Competitive mindset •  Stays positive and applies feedback •  Quality behavior modeling & demonstration of leadership, both athletic and academic.
--	--	--

Playing Time

On all teams playing time is earned based on attitude, effort, energy, skill, attendance, behavioral and academic standing. Playing time is not guaranteed and will most likely not be evenly distributed among players on their respective teams.

If players or parents/guardians have questions around this topic they should respectfully communicate their questions and concerns and *schedule* a time to discuss this with the head coach or coach of the team of which the athlete is on.

- It is a request of the coaching staff that questions and concerns about playing time are expressed before extreme feelings or frustrations are acquired. Coaches will also do their best to be proactive about communication around this topic as well.
- **Please understand that lack of playing time is not a punishment, but in some cases will serve as a consequence.**
- **Lack of playing time may also be no personal fault of the athlete but rather a complicated coaching decision based on the needs of the team and situation of the game.**

- Opportunity for reflection: Is what I want/deserve the same as what the team deserves? What you think you deserve and what your team deserves may be two different things.
- Great questions to ask your coach regarding playing time:
 - How did you determine the playing time for the previous game?
 - What can I do to increase my playing time?
 - What do I need to work on?
- Flexibility: Acknowledge that improvement and change leads to change.
- Be supportive of others anyways.

Injuries: Athletes with an injury will be sent to the Athletic Trainer for evaluation during practice. We will be sharing an Athletic Trainer with NTHS, they won't always be available. In this case they may have to sit the remainder of practice or until seen. If an athlete is fully cleared through the Athletic Trainer or personal doctor, the athlete will be expected to complete the practice as usual. Modified participation will be made if suggested by a medical professional and at the discretion of the coach. If a player is experiencing injury and requires modified participation during practice, that player must participate in at least one non-modified practice before returning to game competition.

Team Captains – Team captain's will be chosen from the Captains Applications that we receive. Captains' responsibilities and expectations are outlined on the Captains Application.

Varsity Letter: To earn a varsity letter athletes must be a part of, play on and contribute to the varsity team in a meaningful way. Athletes must stay in good behavioral and academic standing on the team and in school. Coach Creamer has the ultimate responsibility of determining varsity letter awards.

Senior Night: Senior night is to be organized by the parents of senior athletes, team parent volunteers (usually a small group), and the head coaches. More specific detailed information will be shared as the time approaches, but loved ones of senior athletes are encouraged to start planning early and continue throughout the season.

Fundraising: When there are fundraising opportunities athletes are expected to make a genuine effort to help fundraise for the collective good of the program. Our program will try to raise funds and get sponsors throughout the year. If you or someone you know would like to be a sponsor, please contact Coach Creamer. Fundraising is an important part of providing team bonding opportunities and our end of season celebration.

Parent/Guardian and Coach Communication: Communication between coaches and parents/guardians is important. If you have any questions or concerns at any time during the season, please contact me and we will find a time to discuss it. Please DO NOT approach coaches with questions on game day as that is when they need to focus on the players and the game. If it is a health concern or update, please update the coaches at least 1 day prior or as soon as possible.

Removal from Program: Student athletes are expected to always follow team rules and expectations during the season. If a problem or issue arises and a coach has a valid concern, they will first make a reasonable attempt to communicate with the student athlete for redirection and correction of concern towards expressed expectation, depending on the severity of the concern. If there is cause for immediate removal (including but not limited to ineligibility, substance use, violence/threats of violence, dishonesty, etc.) then immediate action can be taken. Removal from the team will be at the Coaches and Athletic Director's discretion based on each student athlete's choices and behavior, effort, and eligibility.

Closing:

Please understand that all of the coaching staff want to see our student athletes grow and develop as athletes and people. We all want to see them be successful and there is no perfect timing for success. Most of the time success requires sacrifice, patience, and hard work. With that being said, sometimes during the season difficult coaches' decisions are made. Coaches are also imperfect people and will make mistakes. Coaches are open to learning and hearing constructive feedback. Coaches want to work with athletes and loved ones to build positive relationships and our hope is to always remain supportive of one another student athletes and adults alike, even in challenging times. **We are a community.**

Coach Creamer's Contact Information: Cell: (360) 561-0773

(This is a personal number and should not be given out. This number is for emergency communication only, email is the preferred method of communication.)

Email: jcreamer@nthurston.k12.wa.us or jcreamer@stu.nthurston.k12.wa.us

Jami Gore Athletic Director Email:

jgore@nthurston.k12.wa.us