



TRITON COBRAS VOLLEYBALL

TEAM HANDBOOK

Triton Volleyball Website:

tritonvolleyball.weebly.com

Triton Volleyball Remind:

text @tritonvo to 81010

Triton Volleyball Twitter:

www.twitter.com/cobraladies

Triton Website:

www.triton.k12.mn.us

MN State High School League Website:

www.mshsl.org

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TABLE OF CONTENTS

Team Placement/Playing Time/Tryouts	2
Practice Guidelines and Expectations	3
Game Night Guidelines and Expectations	4
Travel Policy	5
Equipment	5
Athletic Recognition Guidelines	6
Captainship	6
Concession Stand Fundraiser	6
MSHSL Rules	6
Social Media Policy	7
Academic Eligibility Policy	8
Attendance Policy	9
Communication Policy	9
Player Code of Conduct	10
Player and Parent Signature Page	11

Team Placement/Playing Time/Tryouts

7th Grade: Only 7th graders. All players will have the opportunity to play equally, provided that they have been at practice/team-related functions and have been following the coaching staff's expectations.

8th Grade: Only 8th graders. All players will have the opportunity to play equally, provided that they have been at practice/team-related functions and have been following the coaching staff's expectations.

9th Grade: Only 9th graders. At this level, players are becoming more competitive. An attempt will be made to play everyone, but equal playing time is NOT guaranteed; there will be games when everyone will not play.

C-Squad: 9-10th eligible. At this level, players are becoming more competitive. An attempt will be made to play everyone, but equal playing time is NOT guaranteed; there will be games when everyone will not play.

JV: Grades 9-12th eligible. These players are preparing to become future Varsity players or are not quite ready for Varsity level competition. Top players will play the most, and no one is guaranteed playing time. A starting line-up will be decided on a game-to-game basis.

Varsity: Grades 9-12th eligible. The Varsity team is allowed 15 of the top players due to MSHSL restrictions. At this level, we play to win. Top players will start and play the most, and no one is guaranteed playing time. A starting line-up will be decided on a game-to-game basis.

Playing Time: The amount of playing time is determined by the coaches, who see the players every day in practice. As a coaching staff, we value a positive attitude, team work, respect, internal motivation, coachability, skill/ability, and aggressiveness. These qualities all play a part in determining playing team.

Tryouts: At the beginning of each season, there will be a 2-3-day tryout process for players entering 9th-12th grade in which the coaching staff attempts to evaluate each player during physical assessments, skill-specific drills, playing-situational drills, and actual games.

As part of the tryout process, players will run a 300 YD Shuttle with required times determined by the OMC Sports Medicine and Athletic Trainers used as a guide for team placement. If a player does not meet the required time, they may still be placed on a team if they continue to show effort in meeting the required time.

The number of players that end up being placed on each team may vary year by year. For example, one season 12 players may make the Varsity team, but another season only 9 players may make the team. If a player is sick or injured and can't participate in tryouts, the coach may evaluate that player based on past performance and player history, or the coach may invite the player to join a couple of practices after the official tryouts are over and evaluate them at that time. The coaches have the final say in this matter.

Players will be evaluated based on a number of things, including but not limited to the following criteria:

- Attitude, work ethic, timeliness, and preparation
- How the coaches feel that a player will positively or negatively affect team chemistry
- Energy, enthusiasm, and communication ability on the court
- Consistency and volleyball skill level, athleticism, height, physical condition, and physical abilities
- Coachability, ability to listen, ability to focus on the task at hand, and leadership qualities

The player evaluation results will form a base for the coaching staff to use when determining which team each player will be placed on. The coaching staff will also select teams according to positions needed, experience,

attitude, unity, and dedication. In all cases, the coaching staff will do their best to put athletes in a situation where they can excel and experience the most success. Every player has an important role in forming the best team possible.

Changing Teams During the Season: During the season, it may be necessary for a player to be moved up from a lower team to a higher team, or to be moved from a higher team down to a lower team based on the judgement of the coaching staff and needs of the teams (for example, pulling additional players up to the Varsity team to fill remaining roster positions for the Section and State Tournaments). This will be a rare situation but may happen from time to time. The players pulled up for any open player positions are chosen based on the following factors, listed in order of priority.

- 1) Ability to contribute on the court for Varsity throughout the remainder of the season:
It is rare that a JV player will be pulled up because the Varsity needs them to contribute on the court, but it can happen in the case of injuries or if there is a situation in which the Varsity doesn't already have a back-up player for each position. If there is a player that may be able to fill an immediate need for the Varsity, then this will likely be a factor.
- 2) General ability, coachability, and likelihood of being able to contribute to Varsity in the future:
The coaches will take into consideration the ability, coachability, and development level of players when deciding who to pull up. If the coaches feel that one player has the potential to develop into a stronger Varsity player in the future than another player, then this may be a factor in deciding who to pull up.
- 3) Effect on Team Chemistry:
The Varsity coach may discuss potential players to pull up with the Varsity Captains to make sure that the captains don't think that the players being considered will negatively affect team chemistry. If there is a potential issue with a player, then the coach may take this into consideration.

Young Athletes Participating on High School Teams/Exceptional Athlete Policy: There may be times when the coaching staff believes that it would be productive to move a younger player up to a higher-level team than what the players of that age are typically on. An example would be moving a 7th or 8th grade player up to 9th, JV, or Varsity. In these situations, the AD will be consulted first to get approval based upon academic, emotional, and physical qualifications, and then, if approval is given, the player's parents will be consulted. If the athlete and the athlete's parents are comfortable with the idea, then the move will be made. Athletes being promoted will be promoted with the assurance that they are going to be a significant contributor. Otherwise, the athlete will not be promoted.

Practice Guidelines and Expectations

Commitment is key. When any player misses practice or a game, it affects the whole team. Your teammates and coach are counting on your attendance.

Expectations:

- ALL practices are mandatory for every player unless the coach specifically states otherwise.
 - If a player has doubts as to her ability to practice (such as injury, not feeling well, etc.), she should still watch her team practice so she can keep up with her team mentally.
 - Missing a regularly scheduled practice for an unexcused reason will result in loss of playing time. The coaching staff will determine penalties for missed practices on a case-by-case basis while adhering to district policies. See Attendance Policy for unexcused vs. excused absences.
- Players are expected to notify the coaching staff well in advance if they will be late or absent from a practice.

- Get to practice early. Players should be dressed appropriately, have shoes and kneepads on, be taped, and be ready to practice by 3:30 PM sharp unless specifically stated otherwise. Conditioning will be done for every minute a player is late.
- Practice Attire is as follows:
 - **Monday** – Maroon shirt
 - **Wednesday** – White shirt
 - **Friday** – Black shirt
 - **Tuesday/Thursday** – Tie-Dye (aka any color you desire)
 - No cut-off shirts where undergarments are showing
 - No jewelry
- Players are expected to bring a water bottle and have it filled and ready to go before each practice.
- Cell phones & other electronics should be SILENT and put away unless specifically stated otherwise.
- Players are expected to listen attentively, work hard, compete with intensity, support their teammates, and strive for excellence in everything that they do.
- After practices and games, players should take sweaty gear and clothing OUT of their bags and let things air out so that at the next practice or game, people can remain in the players' vicinity without being uncomfortable from the stench of sweaty, rotting clothing.

Game Night Guidelines and Expectations

Arrival Time: For home matches, 9th Grade/C-Squad players should arrive no later than 4:00, JV no later than 4:30, and Varsity no later than 5:30.

Game Day Attire: Players are asked to dress appropriately by following the Triton Student Handbook and show pride in Triton Cobra Volleyball. Look sharp!

Equipment: Have uniforms, knee-pads, shoes, socks, tape, water bottle, and anything else needed for the competition.

Prepare to Compete: Stretching, getting taped, and other physical or mental preparations should be managed and arranged for by each player individually based on their own needs.

Mobile Devices: No electronic or mobile devices are allowed while on the bench, in the bleachers during competitions, in the locker room, or during all but the last 10 minutes of the bus ride or in case of an emergency. Coaches may allow devices to be used for music to help prepare for the match. Coaches may collect devices if problems arise.

Expectations:

- 9th Grade/C-Squad players are expected to sit together as a team near the team benches during the JV competition to help take stats, cheer, and support the JV team. After the JV match is finished, 9th Grade/C-Squad players are encouraged to stay and watch Varsity but may leave.
- JV and players are expected to do book and line-judge for the first two games of the 9th Grade/C-Squad team home matches.
- JV players are expected to help shag balls for the Varsity team during the Varsity warm-ups.
- JV players are expected to sit together as a team near the team benches during the Varsity competition to help take stats, videotape, cheer, and support the Varsity team.

- Varsity players are expected to do book and line-judge for the third game of the 9th Grade/C-Squad team home matches.
- Varsity players are expected to help shag balls for the JV team during the JV warm-ups.
- Varsity players are expected to sit together as a team near the team benches during the first game of the JV competition to help support the JV team. After the first game of the JV match is finished, Varsity players will go get dressed.
- Parents are expected to cheer for their daughter AND the team. Encourage them when they struggle. Applaud them when they succeed. Remember, they have their own inner mental dialogue happening, and it can be hard to overcome negative thoughts, especially when they hear them from the crowd too. When you talk to your daughter about the match, remind her how much you love to see her play, and encourage her to believe in herself and in her teammates. If you tear her teammates down, she will carry that attitude back to the team, and it won't help them.

Away Competition Expectations:

- Players should be ready to leave at least 5 minutes before the scheduled departure time. The bus will not wait!
- Players are expected to leave the hosting facility's locker room as clean and neat as it was when they arrived. All bottles, wrappers, tape, etc. must be picked up and disposed of properly.
- Players are expected to make sure that any busses or vans are neat and clean after use.
- Players are expected to get to the bus within 15 minutes of the conclusion of the Varsity match. Many away games are on school nights, and players often have homework to do after they get home, so players should be mindful of their teammates and do their best to get ready to leave quickly after competition has concluded.

Travel Policy

Athletes are not allowed to drive themselves to any competitions. The district is responsible for all members of the travel party from the time of departure until the time of return. Athletes, cheerleaders, managers, statisticians, etc. must ride to and from events in school provided or authorized transportation. Riding the bus to and from games helps develop team unity and is highly recommended. Exceptions to this general rule will be as follows:

- A parent or guardian may take responsibility for personally transporting their athlete to and from a competition if they make that request ahead of time or in-person at the time of the request. Parents/guardians **MUST** sign out with the coach before leaving.
- An athlete will not be allowed to go to, or return from a competition with someone other than her parent or guardian unless the following conditions exist and the following arrangements are made in advance:
 - Special circumstances exist that would accommodate a need of the parent or student.
 - Parent or guardian personally makes the request to the coach.
 - Written request is received by the coach the day before the event in question, so that the authenticity of the request can be verified

Equipment

All players will be on a rotating schedule for equipment set-up and take-down for practices and competitions. Varsity members are responsible for setting up on home game nights, and JV members will take down.

Athletic Recognition Guidelines

A recognition program to honor the athletes, managers, statisticians, and coaches will be held at the conclusion of the volleyball season. The head coach will be in attendance and present at the respective awards unless circumstances beyond the coach's control make it impossible for him/her to attend. All Varsity participants are strongly encouraged to attend. Athletes not in attendance are responsible for making arrangements with the head coach to receive their awards.

Varsity players who have completed the season and played in 1/3 of all GAMES (not matches) will earn a letter. If the team is section champions, all members will letter. Anyone found in violation of the Minnesota State High School League Rules shall forfeit his/her right to letter.

Captainship

After the conclusion of a season and before the beginning of the upcoming season, returning Varsity players and coaches will be given the opportunity to vote on Varsity captains for the upcoming season. These players have the responsibility of leading the team on and off the court. It is a position that should be honored and respected.

The coach will use the results of the voting as one of the considerations when choosing the captains, but they have the final say. Captainship may be restricted if MSHSL rules were violated (see MSHSL Rules for more details).

Concession Stand Fundraiser

The concession stand at home events is used as a fundraiser for our volleyball fund for future equipment or team needs. Each athlete/athlete's parent or guardian is expected to work the concession stand one or more times throughout the season.

The schedule and sign-up for concession stand shifts will be available at the Fall Sports Sign-Up night and online through a Google Doc posted on the Triton Volleyball website. The schedule will also be posted in the concession stand. If you do not sign-up, you will be assigned a shift. If you are unable to make your shift, it is YOUR responsibility to find a substitute to work your time slot.

MSHSL Rules

Triton High School is a member of the Minnesota High School League, an association of secondary schools formed to govern interscholastic contests in athletics, debate, speech, drama, and music. All participants are subject to the rules and regulations of the league.

Sportsmanship: Whenever Triton High School is involved in an activity, students should display good sportsmanship. Booming, heckling, rude gestures, use of artificial noise makers, and disrespectful behavior are not a true representation of the Triton student body, nor will they be tolerated. At the beginning of the Varsity contest, it is customary to play the National Anthem as an outward means of showing the pride and respect we have for our country. Hats are to be removed during the National Anthem.

Drug/Alcohol/Tobacco Violations:

A. First Violation Penalty: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

B. Second Violation Penalty: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

C. Third Violation Penalty:

1. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

2. A student who becomes a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:

a. The student is assessed as chemically dependent, and b. enters treatment voluntarily, and c. the director of the treatment center certifies that the student has successfully completed the treatment program. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

D. Subsequent Penalty: The student may lose all eligibility.

In addition to the standard MSHSL penalties, the Triton Volleyball coaching staff will impose the following penalties on athletes that violate any MSHSL Drug/Alcohol/Tobacco rules:

- The athlete cannot letter and is no longer eligible to all-conference or all-state honors in the season of the offense or in the upcoming season.
- The athlete cannot be a captain in the upcoming season.
- If the athlete is already a captain for a current or upcoming season when the offense occurs, their captainship for the current or upcoming season will be removed.
- The athlete's uniform may be given to another player.
- The athlete will not be allowed to start in any matches during the season of the offense if the offense happens in-season or during the upcoming season if the offense happens out of season. The only exception would be if there were no other players available that could play in that player's position.
- The athlete will not be allowed to sit on the team bench for games during the ineligibility period.

Social Media Policy

Athletes should be aware that postings on social media sites are viewable by media, faculty, future employers, and college officials. Inappropriate material found by third parties affects the perception of our school district, volleyball program, and our student body. Examples of inappropriate and offensive behaviors in online communities can include depictions of the following, though this list is not meant to be all inclusive:

- Photos, videos, tweets, retweets, comments, or posts showing the personal use or possession of alcohol, drugs, tobacco, and paraphernalia.
- Photos, videos, tweets, retweets, comments or posts that are of a sexual nature. This includes links to websites exhibiting pornography and other inappropriate material.

- Content posted online that is unsportsmanlike, derogatory, demeaning or threatening to any individual or entity. Examples include: comments about our school, another school, coaches, teammates, opponents, and those of differing socioeconomic background, gender and race.
- No posts should depict or encourage illegal, violent or unacceptable activities such as hazing, sexual harassment/assault, full or partial nudity, fighting, vandalism, academic dishonesty, gambling, drug/alcohol use.

Remember, everything you post is public information and can become out of your control the moment it is placed online – even if you limit access to your profile/site. Once you post to a social networking site, any post, photo, or comment becomes the property of that site and may be searchable even after you remove it. If you are ever in doubt as to the appropriateness of a post, consider whether it reflects positively on you, your family, school, and community. Protect yourself by maintaining a self-image that you can be proud of for years to come!

Any violation of this policy will be treated like a MSHSL code of conduct violation or a longer suspension at the discretion of the administration.

Academic Eligibility Policy

Athletes are expected to maintain a passing semester grades all their classes. Grades are posted on the learning management system, and biweekly scholastic check periods will occur at the end of the day on Tuesdays. An ineligibility list will be posted Wednesday morning on the learning management system. If a student receives a failing semester grade (F) for any class, the student will become ineligible on Wednesday. Scholastic check periods will also occur at the end of each quarter. If a student receives a failing semester grade (F) for any class, the student will become ineligible at the start of the new quarter. A failing grade for the second (spring) semester will result in ineligibility the following fall for the first week. If a student has an incomplete semester grade, they are ineligible until the incomplete changes to a passing grade.

Students may become eligible before the next scholastic check period if they complete an eligibility form. Teachers are given 48 hours from the time make-up work is submitted before they are expected to enter the grade(s) and sign the student’s eligibility form. The eligibility form must be turned in and signed by the athletic director then given to the coach or advisor. Students who participate without a signed form are in violation of MSHSL rules and could cause a forfeiture for their team.

During this ineligible period, the athlete will be able to practice, but will not be able to participate in any organized MSHSL events.

Expectations:

- Academics come before volleyball.
- Strive for excellence, and work hard to be an achiever in the classroom and on the court.
- Attend every class, every day. BE PRESENT!
- Hold yourself accountable – don’t leave it up to your teacher, parents, or coaches.
- Let the coaching staff know if you are struggling in a class, and we will assist you in a plan for your success as a student athlete.

Attendance Policy

Athletes must be in school by 8:30 AM and in attendance all day in order to practice or participate. Athletes with excused absences will be allowed practice or participate. It will ultimately be the school's and coaches' discretion to decide if an absence from school, practice, or competition is excused or unexcused.

Excused Absences: Sick, family emergency, funeral, school commitments, church, 4-H contest, FFA contest

Unexcused Absences: Medical (dentist or doctor appointments)*, vacation, work, detention, college visit, senior pictures, football game, family reunion, friends, driver's ed

**Medical appointments are an excused school absence, but please try to schedule medical appointments around practice times. The schedule has been out since May.*

Communication Policy

Communication is very important between the players, coaches, and parents and is instrumental in the overall experience. Coaching staff contact information, practice and game schedules, results, and rosters are available at:

- tritonvolleyball.weebly.com
- Remind 101
- www.triton.k12.mn.us
- www.mshsl.org

Parents & players can communicate to the coaching staff (or make an appointment for an in-person meeting if necessary) by email, phone, or text message.

Player and Parent Communication Expectations:

1. Players and Parents should communicate with the coaching staff regarding any scheduling conflicts well in advance.
2. Players and Parents should follow the chain of command regarding playing time, game strategy, and teammate issues. The chain starts with the player and coach, where most issues can be solved. However, if it cannot be solved/understood, then the player, parent(s), and coach will meet. If the problem still cannot be solved/understood, then the player, parent(s), coach, and athletic director will meet.
 - a. Do NOT talk with the coach on a game night or after you or the coach is upset – use the 24 hour rule.
 - b. Make an appointment to talk with the coach in a closed-door meeting outside of practices and games. Coaches are expected to have legitimate reasons to extend to the player during these meetings. The activities director will attend these meetings if requested by the coach.
 - c. Speak with a captain or assistant coach prior to bringing concerns to the head coach. Oftentimes, they can provide a different perspective on things and can possibly defuse the situation.
3. Parents should feel comfortable asking about ways in which the coach feels their child can improve.
4. Parents should NOT communicate with a coach regarding any member(s) of the team other than their own child.

Player Code of Conduct

Triton Volleyball will follow the MSHSL rules and the school policy rules. Make sure to read and know these rules. Additionally, any athletes that want to be part of a high school team within the Triton Volleyball Program must agree to adhere to the following:

- I will do everything in my control to always be on time and communicate well in advance if I know I cannot.
- I understand that in order to meet expectations in important areas of my life such as family, religious, and school related obligations, while still fulfilling the requirements of the Triton Volleyball Program, there may be times that I need to make a sacrifice in other areas, such as time with friends or other social engagements.
- I understand that it is a privilege to be part of this team and that my choices, behavior, work ethic, and attitude will ultimately determine whether I have a positive or negative experience with the team.
- If necessary, I will be willing to maintain a positive attitude and sacrifice what I want for what my coach thinks is best for the team, even if I completely disagree with the coach's judgment, strategy, or opinions. I will remain 100% coachable even when I disagree with the coach.
- I understand that my coach alone will determine who plays and starts in competitions and that those decisions may be based on many factors, including but not limited to: my playing ability, my athleticism, my work ethic, my commitment to the team, my practice habits, my willingness to communicate with my teammates on the court, the way that I interact with my teammates in practice and in games, my leadership qualities, my coachability, my energy, my height, my physical condition, my ability to listen, and my attitude in general.
- I understand that if my attitude, choices, behavior, work ethic, and commitment to the team don't meet my coach's expectations, and if my coach believes that I am negatively affecting the ability of the team or other players on the team to be successful, I will need to make a change. Otherwise I may be taken out of a game, asked to leave a practice, or in the worst case, asked to leave the team.

Player and Parent Signature Page

I am a student athlete that would like to participate on a 7th Grade, 8th Grade, 9th grade, C-Squad, JV, or Varsity team in the Triton High School Volleyball Program. I have reviewed, I understand, and I agree to adhere to the Triton Volleyball Code of Conduct.

Additionally, I have reviewed the complete “Triton High School Volleyball Handbook,” and I understand the rules, expectations, guidelines, responsibilities, and obligations that come with being part of the Triton Volleyball Program. I accept these and pledge to make my best effort to adhere to them. I understand that my attitude, my behaviors, my work ethic, and the choices that I make will ultimately determine the amount of success that I have within the Triton Volleyball Program.

Athlete Printed Name: _____ Athlete Signature: _____

Date Signed: _____

I am a parent and/or guardian of the student athlete listed above that would like to participate on a 7th Grade, 8th Grade, 9th grade, C-Squad, JV, or Varsity team in the Triton High School Volleyball Program. I have received and reviewed the “Triton High School Volleyball Handbook”. I understand the rules, expectations, guidelines, responsibilities, and obligations that my daughter will be expected to adhere to if she is a part of the Triton Volleyball Program, and I plan to support my daughter in this effort.

I have read, understand, and agree to adhere to the parent communication guidelines. I will never question or confront coaches at a practice or competition. I will remember that my daughter is participating for fun and that this experience is for her and her teammates and not for me. I will focus on being a good parent to my daughter and leave the coaching to the coaches.

I will encourage my daughter to treat other players, coaches, officials, and spectators with respect, and I will do the same. I will not encourage any behaviors that could endanger the health and well-being of any student athlete.

I understand that the coach may not see things the same way that I do when it comes to decisions on playing time, game-strategy, player positions, practice habits, or other factors that may affect the level of success that the team has. However, I understand that if I exhibit a negative attitude towards the coach or other players in front of my daughter, it will only make her experience more negative and make it more difficult for her to live up to the codes of conduct that she agreed to adhere to in order to be part of the Triton Volleyball Program.

Parent/Guardian 1 Printed Name: _____ Signature: _____

Date Signed: _____